

# The HOME MAKERS COOK BOOK





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*Tewksbury, Mass. Congregational Church.*  
*Women's Missionary Society*

# THE HOME-MAKER'S COOKBOOK

CONTAINING  
*TRUE AND TRIED RECIPES*

COLLECTED AND PUBLISHED BY THE LADIES OF  
THE WOMEN'S MISSIONARY SOCIETY  
CONGREGATIONAL CHURCH  
TEWKSBURY, MASSACHUSETTS



## THE WOMAN'S TASK

A house is built of bricks and stones, of sills and posts and piers,  
But a home is built of loving deeds that stand a thousand years.  
A house, though but a humble cot, within its walls may hold  
A home of priceless beauty, rich in Love's eternal gold.  
The men of earth build houses, halls and chambers, roofs and domes, —  
But the women of the earth — God knows! — the women build the homes.

*Nixon Waterman*

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VEGETABLES							

## FOREWORD

The idea of publishing and selling a cook book was undertaken by a committee from The Women's Missionary Society of the Tewksbury Congregational Church, consisting of Mrs. H. W. Pillsbury, Chairman, Miss M. Esther Marshall, Secretary; Mrs. John H. Nichols, Treasurer; Mrs. Arthur C. Tingley, Miss Blanche King, Mrs. Frank Gulliland, Mrs. H. P. Dinsmore, Mrs. Gertrude E. Bailey. They began the work in October, 1923, as their special gift toward a fund for an organ for the new church. After months of earnest work, the committee presents to the public The Home-Maker's Cookbook as the result of their united efforts and painstaking thought.

The committee is under much obligation and gratefully acknowledges the co-operation of the friends who have so heartily contributed of their best, the favorite true and tried recipes and helpful suggestions, in such numbers that it has not been possible to make use of them all in a volume of this size. Duplicates have been withdrawn, and very similar rules in some cases have been combined.

The committee and friends of the undertaking are indebted to numerous prominent and responsible firms who have so generously contributed to the financial success of the book by their advertising. To them we return our sincere thanks and take pleasure and pride in calling attention to them as the leading representative business firms in Tewksbury, Billerica and Lowell. Friends of the work are urged to show their appreciation by giving them the liberal patronage so well deserved.

Our aim in offering this collection is to give absolutely dependable rules from the best homes, in such simple form that even young housekeepers can prepare meals without difficulty and with confidence of success.

To all who have helped make this book a success, our grateful thanks are offered. To all who may be helped by these recipes our greeting is extended.

Yours very cordially,

MRS. H. W. PILLSBURY  
MISS M. ESTHER MARSHALL  
MRS. JOHN H. NICHOLS  
MRS. ARTHUR C. TINGLEY  
MISS BLANCHE KING  
MRS. FRANK G. GULLILAND  
MRS. H. P. DINSMORE  
MRS. GERTRUDE BAILEY

*Committee on arrangement of Cook Book*

## A TABLE FOR WEIGHTS AND MEASURES FOR HOUSEKEEPERS

4 tablespoons	1 wineglass
4 wineglasses	1 cup
2 cups	1 pint
4 cups	1 qt.
3 teaspoons liquid	1 tablespoon
1 gill	$\frac{1}{2}$ cup
16 tablespoons liquid	1 cup
3 tablespoons grated chocolate	1 oz.
1 qt. sifted corn meal	1 lb., 1 oz.
1 cup raisins	$\frac{1}{2}$ lb.
60 drops	1 teaspoon
4 gills	1 pt.
2 pts.	1 qt.
4 qts.	1 gal.
4 cups sifted flour	1 lb.
9 large eggs	1 lb.
2 cups granulated sugar	1 lb.
$2\frac{1}{2}$ cups powdered sugar	1 lb.
2 level tablespoons butter	1 oz.
4 level tablespoons flour	1 oz.
2 solid cups butter	1 lb.
2 salt spoons	1 teaspoon
4 tablespoons coffee	1 oz.



## PROPORTIONS

1 measure of liquid to 1 measure of flour for pour batter.

1 measure of liquid to 2 measures of flour for drop batter.

1 measure of liquid to 3 measures of flour for doughs.

1 teaspoon soda to pint thick sour milk.

1 teaspoon soda to 1 cup molasses.

$\frac{1}{4}$  teaspoon salt to 1 qt. milk for custards.

$\frac{1}{4}$  teaspoon salt to 1 cup soup or sauce.

$\frac{1}{4}$  teaspoon salt to 1 pt. flour.

$\frac{1}{2}$  teaspoon extract for a medium sized cake.

1 teaspoon extract to 1 qt. custard or cream.

$\frac{2}{3}$  cup sugar to a quart of milk.

4 eggs to a quart of milk for plain cup custards.

2 dessert spoons of gelatine to pint of liquid.

Package of gelatine to 2 quarts of liquid.

EVERY WELL-BALANCED MEAL SHOULD HAVE:

One protein dish, two carbohydrate dishes, one mineral dish, one fat, one water dish (beverage).

Proteins:—milk, meat, eggs, poultry, fish, cheese, nuts, cereals.

Carbohydrates:—cereals, potatoes, rice, bananas, breads, macaroni, tapioca.

Minerals:—Fruits, green vegetables, tomatoes, cauliflower, cabbage, onions.

Fats:— Cream, butter, oleo, meat fats, vegetable fats, nut oils.

USEFUL RULES FOR BAKING

Slow oven	temperature	250-300 degrees
Moderate oven	“	250-400 “
Hot oven	“	400-450 “
Very hot oven	“	450-550 “

## A RECIPE FOR A HAPPY LIFE

Take a large quantity of Cheerfulness and let it simmer without stopping. Put with it a brimming basinful of Kindness, then add a full measure of Thought for other People.

Mix into these a heaping tablespoonful of Sympathy. Flavor with essence of Charity. Stir well together and then carefully strain off any grains of Selfishness.

Let the whole be served with Love sauce and Fruit of the Spirit.

MRS. GRACE M. TAYLOR



# THE HOME-MAKER'S COOKBOOK

## SOUPS

### OLD-FASHIONED BEAN PORRIDGE

Pick over and wash one and one-half pints kidney or any good colored beans and cook three hours in clear water, without pork or salt. When soft, drain off this water and put beans into water or liquid in which corned beef or vegetables have been cooked. Let the fat in pot liquor remain. Do not strain the liquor, as bits of cabbage or other vegetables improve the flavor.

Let this simmer about an hour, then thicken with a little flour and water, mixed smooth and about as thick as thin cream. This makes about one gallon and will keep a week or more in a cool place.

MRS. H. B. GRIFFIN, Salisbury

### POTATO SOUP

6 boiled and mashed potatoes	$\frac{1}{8}$ lb. butter
1 quart milk	Season with salt, pepper and a little onion if liked.

While mashing potato add butter; pour in gradually the boiling milk and a little dried celery leaves or celery salt. Stir well, strain through sieve and reheat. Beat one egg light, put in tureen and pour over it the hot soup when ready to serve.

MRS. DINSMORE

### CELERY SOUP

1 small onion	1 medium potato chopped fine
1 small carrot	

Sufficient celery chopped fine to fill a coffee cup

Cook all together in just water enough to keep from sticking to the kettle. When thoroughly cooked, add one quart hot milk, butter size of an egg, salt and pepper to taste. MRS. BAILEY

### CREAM OF CELERY SOUP

3 stalks celery	2 tablespoons flour
3 cups boiling water	2 tablespoons butter
1 cup milk	$\frac{1}{2}$ teaspoon salt, pepper

Cut celery in small pieces, cook in boiling, salted water until tender. Drain, rub through sieve and return to sauce-pan. Add



enough water to the liquid which has been drained from celery, to make three cups. Add milk and seasoning, melt butter, add flour and stir until it boils. Combine with celery mixture and heat to boiling point.

MRS. A. F. FRENCH

### QUICK TOMATO SOUP

1 can tomatoes	$\frac{1}{2}$ teaspoon ground cloves
1 pint boiling water	1 teaspoon salt
1 large onion sliced	$\frac{1}{4}$ teaspoon pepper
5 teaspoons sugar	

Boil one-half hour, strain. Add batter to thicken, butter size of an egg. Cook five minutes more.

MRS. FLORENCE L. GARLICK

### TOMATO SOUP FOR CANNING

Weigh out one-half pound of nice butter. Fry four large onions in a little of the butter till soft, being very careful not to burn them. Scald and peel one pint ripe tomatoes, add one pepper cut in small pieces and the fried onions, cook till soft. Strain through a wire sieve, using two quarts boiling water to help the straining process; discard the seeds.

Return the pulp to the fire, add the rest of the butter, one tablespoon salt, one pound sugar, and let it come to a scald. Wet six tablespoons cornstarch in enough cold water to make smooth, and when the soup is hot, use for a thickening. When it is thick and creamy and boiling hot, bottle it. When cold, wrap each jar in paper to exclude the light. Reduce with two cups hot water when preparing it for the table.

MRS. BAILEY

### SPLIT PEA SOUP

1 cup dried split peas, picked over and soaked over night	3 tablespoons butter
$2\frac{1}{2}$ qts. cold water	2 tablespoons flour
1 pint milk	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ onion	$\frac{1}{8}$ teaspoon pepper
	4 slices bacon cut in small pieces

Drain peas and add cold water, bacon, onion. Simmer several hours or until soft enough to rub through sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more if necessary. Liquor in which ham has been boiled can be used for this soup. No more salt is then necessary.

MRS. IDA BURNHAM

### SALT FISH BISQUE

One cup shredded codfish, rinsed with cold water, drain. Add two cups boiling water, two cups strained tomatoes, one thick slice onion and simmer half an hour. Add one-half salt-spoon soda. Thicken with one and one-half tablespoons flour, one and one-half tablespoons butter and bring to boiling point. Pour into tureen with two cups hot milk. Season with salt and pepper.

MRS. C. H. PRESTON, Danvers

### PARSNIP CHOWDER

Try out one-third cup fat salt pork; add four slices onion finely chopped. Fry five minutes, until slightly colored. Strain fat into sauce pan. Add one-half cup potatoes cut in small pieces. Over potatoes place two cups parsnips cut in small pieces. Another one-half cup potatoes; sprinkle generously with pepper, salt, add two cups boiling water.

Cook until vegetables are soft. One quart cold milk, two level tablespoons butter, one-half cup cracker crumbs, two tablespoons chopped parsley. Add onion already fried. Mix well. Can be cooked in casserole.

MISS AUSTIN

### SCOTCH BROTH

4 lbs. neck mutton	1 cup chopped carrots
6 qts. water	$\frac{1}{4}$ cup chopped onion
$\frac{1}{2}$ cup barley	1 cup diced potatoes

Cut mutton into small pieces, put in soup kettle with the water. Add barley, let come to boil and cook six hours just below the boiling point. Add the vegetables and simmer about three-quarters of an hour longer.

### SQUASH SOUP

$\frac{3}{4}$ cup cooked squash (unseasoned)	2 tablespoons butter
1 quart milk	$2\frac{1}{2}$ tablespoons flour
1 slice onion	1 teaspoon salt

$\frac{1}{4}$  teaspoon celery salt, pepper

Rub squash through sieve before measuring. Put together, remove onion after scalding. Strain mixture over one-half cup whipped cream or use top milk, adding enough to thin sufficiently.

O. H. NICHOLS

### CORN SOUP

Left-over corn on cob or canned corn can be used. If corn on cob, split grains open with sharp knife and scrape pulp from cob.

Put over fire with considerable water and cook slowly one hour. Add a bit of celery, tomato or whatever one likes. Season with pepper, salt, butter and one tablespoon flour mixed with a little cold milk. Add milk as necessary.

### MY MOTHER'S OLD STAND-BY SOUP

Buy a shank of beef, wash clean and put to cook in a gallon or more of cold water. Skim as fast as scum rises to the top, so none boils in. Cook till meat falls from the bone. Let bone remain all night in the liquor. In the morning take off fat and put on to boil with a scant half cup of rice. Cut up carrots and cabbage fine, and turnips in small pieces and add, lastly onions to your taste. When done, put in a can of solid tomato, parsnips if liked, and thicken a little with flour.

MRS. GEORGE BUCK

### CANNED TOMATO SOUP

10 qts. tomatoes, measured after being peeled and cut in eighths

4 qts. water

3 bay leaves

4 medium-sized onions

1 teaspoon whole cloves

1 red pepper cut up

Cook until soft, strain and add:

2 cups brown sugar

2 teaspoons cinnamon

3 tablespoons salt

1 teaspoon allspice

Bring to a boil and seal.

Makes seven and one-half quarts. When serving, thicken with cornstarch, using one tablespoon to a quart.

MRS. GEO. H. HALE, Danvers

### CLAM BISQUE

1 quart milk

12 clams

1 onion chopped

Put these ingredients in double boiler and simmer for one hour. Mix one-half teaspoon cornstarch and two tablespoons flour in a little cold milk and stir in mixture until it begins to thicken. Add salt and strain over one beaten egg in tureen. Chopped parsley may be added.

### FISH CHOWDER

Skin, remove bones, cut in small pieces four pounds cod or haddock. Put head and bones on to boil in one quart cold water. Pare and slice potatoes to make equal bulk as fish and let them stand in cold water. Fry two or three slices fat salt pork. Add one small onion cut fine and fry in fat five minutes very carefully.



Strain fat into big kettle; put in potatoes and enough boiling water to cover. Boil five minutes. Add the strained liquor in which head and bones were boiled. Then the fish with one tablespoon salt, one salt-spoon pepper. Simmer until potatoes are soft (ten minutes). Add one tablespoon butter, one pint boiling milk. Break six chowder crackers in halves in a tureen and turn the chowder over them.

O. H. NICHOLS

### CREAM OF TOMATO SOUP

$\frac{1}{2}$ can tomato	1 small onion
2 teaspoons sugar	4 tablespoons flour
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda	1 teaspoon salt
1 quart milk	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup butter	

Scald milk with onion and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes, stirring constantly at first. Cook tomatoes with sugar fifteen minutes. Add soda. Combine mixtures and strain into tureen over butter, salt and pepper.

### CAULIFLOWER CREAM SOUP

Cook one pint finely chopped cauliflower in a double boiler with one quart milk until tender. Press through a sieve, return to fire and season to taste. Add one tablespoon butter and one desert spoon cornstarch stirred to smooth paste in a little cold milk. Serve at once with small squares of buttered brownbread.

MRS. GEORGE BUCK

## FISH

### TIME TABLE FOR BOILING FISH

Fish 2 to 5 lbs.	30-45 minutes
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### BROILING

Shad, whitefish, bluefish	15-20 minutes
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### BAKING

Fish 3 to 4 lbs.	45-60 minutes
Small fish and fillets	20 minutes
Scalloped dishes	30 minutes to 1 hour

### FRYING

Smelts	3-5 minutes
Fish balls and croquettes	1 minute

### TO BOIL FISH

Clean fish in cold water and salt. Place in a kettle half filled with boiling water. Cook slowly, allowing fifteen to twenty minutes to the pound. A long fish kettle with a rack is very handy, but not absolutely necessary. The water in which fish cooks should have salt, vinegar or lemon juice added; a tablespoon of salt, a teaspoon of vinegar or lemon juice to each quart and a half of water. This gives flavor and keeps the fish white and firm. The fish is cooked when it separates easily from the bone. Take out of water immediately, garnish with parsley and slices of lemon.

MRS. H. W. PILLSBURY

### TO BAKE FISH

Clean and dry the fish thoroughly, rub with salt inside and out; stuff and sew. Cut gashes two inches apart on each side so they will alternate. Sprinkle with salt, pepper and flour, place slices of salt pork in each gash, put in pan with a half a cup boiling water. Place in a hot oven. When it begins to brown, baste and repeat every ten minutes. If water dries out, put more hot water in and lower heat of oven after the fish browns to a nice light brown. It takes about three-quarters of a hour to bake a three-pound fish. When done remove to a hot platter whole. Remove string that it is sewed with; serve hot. For garnish and sauce, see recipes.

M. M. P.

### TO FRY FISH, ETC.

All fish are fried in a somewhat similar manner and a few general directions may be given. Fish that are to be fried should be made perfectly dry and to accomplish this, must be covered with bread crumbs, flour or corn meal. The fat should be perfectly hot, at a temperature of at least 345 degrees F. This is ascertained in several ways. The best is to use a thermometer, but as this is not always to be had, a very good way is to put the fat on the fire and allow it to get hot till it begins to smoke. When the fat becomes quite still and slightly smokes, put the fish in and fry till they become a light brown. Another good way is to have plenty of fat to cover whatever you wish to fry. After the fish is fried, put them on a paper to drain. These rules of the heat of fat refer to all kinds of frying. MRS. H. W. PILLSBURY

### BAKED STUFFED HADDOCK

4 lbs. haddock boned; lay in pan and stuff with following dressing:  
7 brown baked crackers  $\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{4}$  teaspoons sage  $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  lb. butter Boiling water

Roll crackers fine, season with salt, pepper and sage; add butter, pour boiling water over mixture to right consistency when well stirred together to spread in fish. Lay top layer of fish over stuffing and scar top of fish in four places, laying a thin slice of pork in slits. Serve with egg white sauce.

EDITH A. FORISTALL

### CREAMED FINNAN HADDIE

2 cups flaked finnan haddie  $\frac{1}{2}$  cup buttered bread crumbs  
2 cups cream sauce (thin) 1 teaspoon parsley  
1 beaten egg

Mix fish, sauce and egg. Put into buttered baking dish and cover with crumbs. Bake until brown on top; sprinkle with parsley before serving. MRS. ROLAND T. CRESSE, Medford

### FINNAN HADDIE

Place fish skin side down in boiling water to stand five minutes or until the skin can be entirely pulled off.

Place fish in baking dish skinned side uppermost. Turn over small quantity of milk and bake twenty or thirty minutes. Spread with bits of butter and serve hot with baked potatoes.

MRS. O. H. NICHOLS



**FISH CHOWDER**

1 lb. haddock	1 (10c) or 2 (5c) cans Van
3 pints water	Camp's unsweetened evap-
3 large potatoes	orated milk
4 onions	Butter
Salt and pepper	

Cut one pound haddock, after boned, and cut into small pieces. Put in kettle with water. Slice potatoes and onions, put in with fish and cook until tender. Add milk, a little salt and pepper. Let come to a boil.

MRS. N. B. REED, Lowell

**DOWN-EAST FISH CHOWDER**

2 quarts sliced potatoes	1 large sliced onion
1½ lbs. sliced codfish	1 small slice pork
1 cup milk	

Cut pork in small pieces and fry with onion to a light brown. Put the fish, potatoes, salt, pepper and fried onion into a kettle and add boiling water until you can just see it through the potatoes. Cook slowly three-quarters of an hour. After it is done, take a tablespoon of flour and wet it with two of water; then add one tea-cup of rich milk; pour all over the chowder and let it boil up once.

MRS. G. H. FOSTER

**FISH CAKES**

1 lb. salt codfish, boned	Butter, size of egg
8 large potatoes	Black pepper
	1 egg

Soak fish over night in enough cold water to cover. Throw water off in morning and cover with fresh, then boil until codfish is soft. Strain, and pick apart.

Boil eight large potatoes, when done mash, and add one egg, butter and black pepper. Beat potatoes until creamy and add to fish. Mix all together, thoroughly, form into round flat cakes and roll in corn meal. Fry in hot fat until a rich brown.

MRS. WALTER W. LAVELL

**FISH TURBAN**

2½ cups cold cooked fish	½ teaspoon salt
3 tablespoons Oleo or butter	⅓ teaspoon pepper
4 tablespoons flour	1½ cups milk
1 sliced onion	½ teaspoon parsley
⅔ cup buttered crumbs	Blade of mace
1 egg, or yolks of 2	

Scald milk with onion, mace and parsley, strain and remove seasonings. Melt fat, add flour, salt and pepper and slightly beaten egg. Put layer of fish, then layer of sauce and finish with crumbs on top.

Bake in hot oven till crumbs are brown.

MRS. A. D. RAMSAY

### FISH TURBOT

2 lbs. any white fish	1 pint milk
2 tablespoons butter	2 eggs
2 tablespoons flour	Salt — onion salt
Buttered bread crumbs	Paprika

Boil two pounds any white fish and remove all bones. Place in buttered baking dish.

Make the following sauce and pour over fish:

Melt two tablespoons of butter, add two tablespoons flour. Cook until it bubbles, add gradually a pint of milk, stirring constantly. Add two beaten eggs to mixture and cook until thick. Season with salt, onion salt and paprika.

Place buttered bread crumbs on top and bake slowly until well browned.

MARGUERITE LEE GOODWIN

### SCALLOPED FISH

2 lbs. haddock	Flour
1 pint milk	Salt
Butter	Pepper

Boil two pounds haddock, remove bone and skin, break in medium size pieces; put in baking dish and bake half an hour in milk gravy made of: one pint milk, salt, pepper, butter and flour.

MRS. J. W. MILLER

### CODFISH MOUND

2 cups boiled flaked codfish	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
2 tablespoons flour	1 cup hot milk

2 cups mashed potato

Melt butter, add flour, salt and pepper, when well blended add milk gradually and stir until smooth. Cook for three minutes then add fish and potatoes well seasoned with butter, salt and pepper. Mix thoroughly and place in a mound on a hot platter. Brush over with beaten egg and brown in a hot oven. Garnish with parsley.

MRS. S. T. DINSMORE

### ESCALLOPED COD

1½ lbs. fresh codfish	3 tablespoons butter
1½ cups milk	2 tablespoons flour
1 teaspoon salt	

Cut codfish into finger length pieces an inch or two wide. Arrange these in a shallow baking dish so that when done each serving may be lifted out without breaking any other piece.

Prepare a rich cream sauce of: Milk, butter, flour and salt. Pour sauce over the fish, sprinkle with buttered crumbs and shake a bit of paprika on each piece of fish.

Bake twenty to twenty-five minutes in a moderate oven.

MISS EVELYN DUTTON, Dracut

### HOLLENDEN HALIBUT

2 lbs. halibut	3 tablespoons butter
Fat salt pork	Flour
Small onion	¾ cup buttered cracker crumbs

Arrange six thin slices of fat salt pork about an inch square in a dripping-pan. Cover with one small onion, thinly sliced, and add a bit of bay leaf. Wipe a two-pound piece of halibut and place on pork and onion. Melt three tablespoons butter and flour together, pour over fish; cover with three-quarters cup buttered cracker crumbs and arrange thin strips of salt pork over crumbs.

Bake fifty minutes in moderate oven. Remove to hot dish and garnish with slices of lemon, and sprinkle with paprika.

MRS. A. K. BARROWS, Lowell

### SWEDISH HALIBUT

1 lb. sliced halibut, brush with melted butter and shake on pepper and salt.

¾ can tomatoes	½ teaspoon powdered sugar
½ onion	½ cup heavy cream

Place halibut in earthen dish, drain tomatoes to get solid part, sprinkle with sugar, spread on fish, cover with onion chopped fine. Bake twenty minutes, and then add cream. Serve in the dish it is cooked in.

MISS EDITH AUSTIN

### BAKED HALIBUT

Sliced halibut (thick)	Butter
Salt	1 pint milk
Pepper	Flour



Put thick slices of halibut into deep baking dish. Rub with salt, pepper and flour. Cover with small pieces of butter and bake in a quick oven for an hour.

Scald one pint of milk and add two tablespoons of flour, little salt and piece of butter. Cook until it thickens and pour over fish.

Return to oven for about fifteen minutes to brown.

MISS AMY TINGLEY

### BAKED HALIBUT

2 slices of halibut

Salt

Cracker crumbs

Pepper

Poultry dressing

Take two slices of halibut. Make a dressing of cracker crumbs and season with salt, pepper and poultry dressing. Put dressing between layers of fish, two or three slices of salt pork on top, and bake with a little water in pan.

MRS. J. W. MILLER

### HALIBUT LOAF

1 lb. halibut

1 egg

$\frac{1}{2}$  cup milk

3 common crackers

Pepper and salt

Few drops lemon juice

Boil and flake halibut; add egg, well beaten, crackers broken in pieces which have soaked in the milk. Add a few drops lemon juice, salt and pepper. Bake in well buttered pan, twenty minutes in moderate oven. Set pan in dish of hot water while baking.

MRS. C. M. RUNELS, Lowell

### GELATINE TUNA FISH

$\frac{1}{2}$  envelope gelatine, "Knox Sparkling"

2 tablespoons vinegar

2 tablespoons cold water

1 or 2 eggs

1 teaspoon salt

Cayenne pepper

1 teaspoon mustard

$\frac{3}{4}$  cup milk

$1\frac{1}{2}$  tablespoons melted butter

Soak gelatine in cold water. Mix one or two eggs, salt, mustard, pinch of cayenne pepper; add melted butter, milk and vinegar. Cook in double boiler till it thickens. Add gelatine and can Tuna fish, turn into a mould. A little chopped parsley or chopped hard boiled eggs may be added if desired.

HARRIET PALMER OSGOOD

### SHRIMP COMFORT

2 cups boiled rice

Salt and pepper

1 can tomato soup or tomato juice

1 can shrimp

Season boiled rice with salt and pepper, add strained tomato juice or tomato soup, add can shrimp, cut in small pieces.

Serve hot on toast or toasted crackers.

MRS. C. M. RUNELS

### FISH A LA BECHAMEL

1 tablespoon butter, heaping	2 eggs
2 tablespoons flour	1 pt. cold cooked white fish
1/2 pint cream	Buttered bread crumbs

Salt, pepper, mace.

Melt butter, stir in flour, when well mixed add cream slowly, and season with salt, pepper and a little mace.

Remove from fire and stir in well-beaten eggs and one pint of any kind of cold, cooked white fish, flaked fine. Turn into small buttered dishes, sprinkle with buttered bread crumbs, place in a pan of hot water and bake moderately about twenty minutes.

MRS. EMMA ANDERSON, East Lynn

### LUNCHEON SHRIMP

Small can shrimp	1 cup milk
Bread crumbs	Butter, salt, pepper

Place shrimp (mashed without liquor) from small can, alternately in baking dish, with bread crumbs, having crumbs on top and bottom. Dot all through with butter, salt and pepper. Add one cup milk and let soak half hour, then bake twenty minutes.

MRS. WALTER P. FULLER

### SALMON LOAF

1 can salmon	1/8 teaspoon pepper
2 eggs	1/2 teaspoon salt
1 cup bread crumbs (fine)	1/2 cup vinegar, or milk
4 tablespoons melted butter	

Drain juice from one can salmon and chop fish fine. Add yolks of eggs, bread crumbs, melted butter, pepper, salt, vinegar or milk. Beat white of eggs and add. Put into buttered pan and bake half hour. Serve hot with sauce: add juice drained from salmon to

1 cup milk

2 tablespoons flour

2 tablespoons butter

Cook five minutes. Add one egg, well beaten, and cook one minute.

MRS. C. M. RUNELS, Lowell



**SALMON BOX**

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1 cup rice                  | 1 teaspoon onion juice              |
| $\frac{1}{2}$ teaspoon salt | 3 cups water                        |
| $\frac{1}{4}$ cup butter    | $\frac{1}{2}$ teaspoon curry powder |
| 1 lb. salmon                |                                     |

Cook rice until tender, stir in the butter, curry powder and onion juice. Line a mould with rice mixture; fill the center with the salmon flaked and seasoned with salt and pepper. Cover with another layer of rice to complete the box and enclose the salmon.

Steam one hour. Serve with egg sauce.

MISS EVELYN DUTTON, Dracut

**SALMON ROW**

- |                      |                                  |
|----------------------|----------------------------------|
| 1 can salmon         | $\frac{1}{2}$ cup cracker crumbs |
| 4 tablespoons butter | 4 eggs beaten light              |
- (Measured before melting).

Chop fish fine, then beat in a bowl. Add cracker crumbs with the eggs, and season with butter, salt and pepper. Steam in a mould one hour.

Sauce for above:—

- |  |                            |
|--|----------------------------|
| 1 cup heated milk                      | 1 teaspoon red tomato cat- |
| 1 tablespoon cornstarch                | sup                        |
| 2 tablespoons butter                   | a pinch cayenne pepper     |
| 1 egg — raw, add at the last carefully |                            |

MISS J. S. BATTLES

**SALMON SOUFFLE**

- |                            |                                |
|----------------------------|--------------------------------|
| 1 cup milk                 | 2 eggs                         |
| 6 tablespoons bread crumbs | Salt and pepper                |
| 1 tablespoon butter        | $\frac{1}{2}$ large can salmon |

Heat milk with bread crumbs to the scalding point, remove from fire. Add butter, salt, pepper and two eggs slightly beaten. Return to fire a moment until the butter is melted, then add fish flaked fine, bones and skin removed. Pour mixture into buttered baking dish and bake until light and brown.

Tuna fish can also be used in place of salmon.

MISS MARGARET NICHOLS, Salem

**CAN SALMON BAKED**

- |                                |                      |
|--------------------------------|----------------------|
| 1 can salmon                   | 3 tablespoons butter |
| $\frac{1}{3}$ cup bread crumbs | 2 eggs               |
| Salt, pepper, parsley          |                      |

Chop salmon fine, add yolks beaten, bread crumbs, salt and pepper, melted butter, a little parsley; mix, add whites beaten. Bake one-half hour. MRS. BELLE MACCAUSLAND, Quincy

### FRIED SCALLOPS

Wash scallops in cold water, roll in yellow Indian meal, and fry in pork fat until brown. A. S. WESTGATE

### SALMON TO BOIL

Put into a pan enough water to cover the fish, a tablespoon of salt to each gallon of water, and a teaspoon of vinegar. When the water boils hard put in fish previously washed in cold water and salt. Let it boil a few minutes then move to back of stove, or reduce the heat so that it will barely boil. Let it remain this way for the proper time, which is fifteen minutes to one pound of fish; three pounds, thirty minutes; six pounds, forty-five minutes. When a fish kettle is not available there should be a pan or a form holder placed in bottom of fish pan to insure keeping the salmon whole.

Garnish salmon with slices of hard boiled eggs or slices of lemon, or both.

Serve with white egg sauce, or drawn butter sauce.

### WHITE EGG SAUCE

2 tablespoons butter

2 tablespoons flour

1 cup milk

$\frac{3}{4}$  teaspoon salt — pepper

Melt butter, add the flour and seasoning, stir until thoroughly blended. Pour on the milk, a little at a time, stirring well till mixed. Cook until smooth. Hard boiled eggs sliced into sauce when done.

### DRAWN BUTTER SAUCE

$\frac{1}{4}$  cup butter

1 cup boiling milk

$\frac{1}{4}$  cup flour

Salt and pepper.

Follow directions for white egg sauce. Omitting the eggs.

MARION M. PILLSBURY

### MOULDED HALIBUT OR HADDOCK

1 lb. halibut or haddock

Bread crumbs

1 tablespoon butter

1 cup cream

$\frac{1}{4}$  teaspoon celery salt

4 eggs — whites

Use equal parts of bread crumbs and fish, add cream to bread crumbs and cook to a smooth paste. Add fish chopped; add the butter, celery salt, and the whites of the eggs, beaten

stiff. Bake three-quarters of an hour in bread pan lined with paper buttered. Place in pan of hot water. Serve with almond sauce.

### ALMOND SAUCE

One quarter pound almonds blanched and cut fine, and browned in butter. Heat one pint of cream in double boiler. Add two tablespoons butter and flour blended. Add gradually to almonds a little salt, then pour over fish. More cream may be used if necessary.

MRS. H. M. LARRABEE

### FISH A LA CREME

4 to 6 lbs. cod or haddock	1 to 1½ pints cream sauce
1 cup cracker crumbs	¾ cup melted butter

Cook fish in boiling salted water; when cool remove skin and bones and pick apart in flakes, season with pepper and salt. Put a layer of fish on a platter suitable for serving; cover with white sauce, letting the fish soak up all it will, then arrange another layer of fish and sauce. Moisten cracker crumbs in melted butter and spread over the top with a fork. Set the platter in the oven over a pan of hot water to keep the platter from cracking, and bake till the crumbs are brown.

MRS. ALICE C. WILLSON, Lowell

### FRIED SMELTS

Clean smelts, but leave on heads and tails. Dip in a batter (1 egg, ½ cup milk, ½ cup flour, ½ teaspoon salt and a little pepper) and fry either in deep fat or in a spider with a little fat, from three to five minutes.

MRS. A. C. TINGLEY

### LOBSTER NEWBURG

1 good-sized lobster	¾ lb. butter
1 pint light cream	Salt and cayenne
2 eggs	

Cut lobster into small pieces, add salt and dash of cayenne. Cook five or ten minutes to flavor, add cream; after beginning to boil stir in slowly eggs with a little flour. Serve at once on toast or crackers. This is good with a large can of crab meat instead of lobster.

MRS. ARTHUR H. LUCIA, Medford

### DEVEILED LOBSTER

For 2 lobsters, each 2½ pounds.

1 pint cream	2 tablespoons flour
2 tablespoons butter	1 tablespoon mustard
Bit of cayenne, salt and pepper	Scant 1 pint bread crumbs



Put the cream on to boil. Mix butter, flour, mustard. Add three tablespoons boiling cream. Stir all into rest of the cream and cook two minutes. Cut lobster meat fine, add to cream with salt and pepper, and boil 1 minute. Turn into casserole, cover with bread crumbs and brown twenty minutes in hot oven.

MRS. J. C. ANGUS, Andover

### SAUCE FOR LOBSTER

$\frac{1}{4}$  cup melted butter

Vinegar

Salt

1 tablespoon French mustard

1 tablespoon olive oil

Red pepper, black pepper

Mix together using vinegar to taste.

GRETCHEN B. NOYES

### HOT CREAMED LOBSTER

Pick the meat from a good-sized freshly-boiled lobster and cut it into small pieces. Make a rich cream sauce, adding to it a teaspoon of onion juice, a tablespoon of washed capers, a saltspoon of papriká, a chopped hard-boiled egg, a saltspoon of sugar and salt to taste. Add the chopped lobster to the hot sauce and let it stand long enough to heat it through. Have ready slices of crustless toast, buttered and placed on a hot dish. Pour the lobster over the toast and garnish it with boiled potatoes and parsley. Crabmeat may be prepared in the same way if lobster is unavailable.

M. M. P.

### ESCALLOPED OYSTERS

1 pint oysters

$1\frac{1}{2}$  pints milk

10 rolled common crackers

$\frac{3}{8}$  lb. butter

Pepper and salt

Put layer of cracker crumbs in bottom of deep dish, then layer of oysters, melted butter, pepper and salt. Wet with milk until ingredients are used. Use some of the cracker crumb mixture with butter on top to form brown crust when baked. Let stand until crackers are well soaked. If too dry add a little more milk.

Bake slowly one hour.

MRS. H. M. BILLINGS

### STEWED OYSTERS

1 quart oysters

2 quarts milk

1 teaspoon salt

A dash of pepper if desired

Put oysters in double boiler, add one pint cold water, set just back from front of stove. Put one cup of cold water in stew

kettle, let come to a boil; then add milk and salt. By the time this boils the oysters should have commenced to curl up. If so, pour them into the serving dish in which you have cut a generous piece of butter. Add hot milk and serve.

HANNAH J. CHANDLER

### FRIED CLAMS

For one pint of clams. Clean the clams carefully, taking out the black part from the stomach and cutting off the black part from the neck.

Batter for frying:

1 egg well beaten

1 cup flour

1 cup clam liquid

1 teaspoon baking powder

After the batter is beaten, put the clams in so they will become well covered with batter. Have the fat smoking hot and deep like doughnut fat. Drop in the clams one at a time, from a fork. Fry as brown as you like.

MRS. G. H. FOSTER

### STIFLED CLAMS

Fry out three or four slices of salt pork. Slice into this a medium sized onion. Add a pint of whole clams and cover with clam water. Cook fifteen minutes. Thicken with flour and serve hot with potatoes.

SARAH A. DIXON, PH.D., Hyannis, Mass.

## MEATS AND POULTRY

Some hae meat that canna eat  
And some wad eat that want it,  
But we hae meat, and we can eat;  
So let the Lord be thankit.

—*Robert Burns*

### ABOUT MEATS

The object in cooking meats is to make them more tender, juicy and appetizing by improving the flavor. The cheaper cuts properly cooked have as much, or more, nutriment as the most expensive. Stewing, boiling, braising, the meat loaf, cutlets, pot roast, etc., are economical ways of cooking the cheaper pieces of meat.

A *stew* is most economical and nutritious. The pieces best adapted are upper part of shin, aitchbone, flank and shoulder. It is better to use meat that has some fat and bone, as the stew is made richer by their use. Less water is used in stews than in soups, as part of the nutriment is to be in the meat. Start with the bones, gristly and poorer pieces in cold water, bring slowly to a boil, then add rest of the meat and simmer until done. The neck or forequarter of lamb or mutton, the knuckle of veal, may be used in stews and is often called by such fanciful names as ragout, haricot, fricassee, potpie, or salmi.

*Boiling.* In boiling meat it should be covered with boiling water, boiled rapidly for ten or fifteen minutes, then set back where it will just simmer, allowing twenty minutes to the pound. Have a close cover to keep in all the steam. Smoked and salted meats require thirty minutes very slow boiling to each pound; those much dried in smoking should be soaked over night in cold water to cover. Tough pieces of meat that cannot be made tender by roasting are sometimes steamed till tender, then browned in the oven, a nice way to do forequarter of mutton.

For *Roasting* and *Broiling* select the choice, tender cuts, because dry heat hardens the meat fibre.

*Roasting.* Have a very hot oven at first, in order to sear over the outside quickly and retain the juices, then reduce the heat. The smaller the piece to be roasted, the higher the heat should be. Baste often.

*Broiling:* Best cuts are sirloin, rump, top of round. Broil over a clear red fire with open dampers, five minutes for rare,



six minutes for well done, turning every ten seconds for the first minute, afterwards turning occasionally, till done. Do not salt until done, nor pierce with a fork, as juice will escape. *Pan broiling* is done in hissing hot frying pan rubbed with a little of the fat. Sear the meat quickly on one side, turn and sear the other, cook about four minutes for rare, turning twice.

*Braising* is a sort of half way between stew and roast, an economical way of cooking large pieces of tough meat. It can be done in a covered roaster in the oven with slow, steady heat, or in casserole.

#### TIME TABLE FOR ROASTING

First fifteen or twenty minutes to heat through, then		
Beef, rare, ribs or sirloin, per pound,		12-15 minutes
Beef, well done, ribs or sirloin, per pound,		15-18 minutes
Beef, rolled rib or rump, per pound		15-18 minutes
Mutton, rare	" "	15 minutes
Mutton, well done	" "	18 minutes
Lamb, well done	" "	18 minutes
Veal	" "	20 minutes
Pork	" "	30 minutes
Ham, whole		4-6 hours

#### BOILING

Corned meats	4-6 hours
Ox tongue	3-4 hours
Ham, 12 to 14 pounds	4-5 hours

#### BROILING

Steak, one inch thick	4-10 minutes
Steak, one and one-half inches thick	8-12 minutes
Lamb chops	6-10 minutes
Liver	4-5 minutes

#### FRYING

Breaded chops	5-8 minutes
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#### VEAL LOAF I.

Cut four pounds veal into small pieces, taking out the fat, one slice of salt pork chopped very fine. Add butter size of an egg, one tablespoon salt, one teaspoon pepper, one teaspoon sage, one teaspoon sweet marjoram, two beaten eggs and three crackers rolled fine, saving out two tablespoons of the cracker. Mix all thoroughly and make into a loaf; place in a pan, sprinkle with the two spoonfuls of cracker, dot with bits of butter. Bake two hours. Slice when cold. Garnish with sliced lemon.

MRS. JOEL BALDWIN

**BEEF STEW**

Two pounds meat cut up, put on to cook in warm water; add three onions, one pound carrots, small turnip, twelve potatoes, season with salt and pepper. When nearly done, add dumplings made of two cups flour, two teaspoons dry yeast, enough milk to make a stiff dough.

MRS. NELSON BROWN

**EXCELLENT MEAT ROLL**

3 lbs. chopped beef or veal	3 well beaten eggs
6 crackers rolled fine	1 teaspoon pepper
1 teaspoon sage	1 tablespoon salt

Mix and mould into a loaf, put in pan with hot water and bits of butter; cover and bake one and one-quarter hours.

MRS. ALICE SAWYER AVERY, Peterboro, N.H.

**DEVEILED HAM**

1 tablespoon butter melted	Pepper
Add 1 tablespoon flour	$\frac{1}{4}$ teaspoon mustard
1 teaspoon vinegar	$\frac{1}{2}$ cup water

Boil and add 1 cup minced ham. Put into baking dish and break over the top three eggs. Bake to set eggs.

MRS. ALFRED E. CHANDLER

**AMERICAN CHOP SUEY I.**

1 lb. Hamburg steak	3 onions
$\frac{3}{4}$ cup macaroni broken (not cooked)	

Fry onions in bacon fat. Add steak and cook; then add macaroni cooked, one-half can of Campbell's tomato soup (or water and stewed tomatoes). Season to taste.

MISS GRANT, Danvers

**HUNGARIAN GOULASH**

1 cup rice, boiled	1 can tomato soup
$\frac{1}{2}$ lb. Hamburg steak	1 small green pepper
1 small onion	1 teaspoon salt

Chop pepper and onion fine. Mix all ingredients. Bake in a slow oven two hours with bits of butter on top.

JENNIE F. BLODGETT, Billerica

**PHILADELPHIA SCRAPPLE**

One and one-half pounds fresh fat pork boiled two hours until thoroughly cooked in sufficient water. Remove meat and meas-



ure water. To three cups water add four teaspoons sage, one and one-half teaspoons salt, pepper, two-thirds cup corn meal. Let cook together thoroughly; add chopped meat. Pour into greased pan and set aside. When cold, slice and fry.

M. HOWE, Danvers

### TO BOIL HAM

Cover ham well with water under the boiling point. When it boils remove pan to back of stove, or in case of gas, reduce the heat so that it barely boils. Keep well covered all the time so as to keep in steam. A twelve-pound ham requires six hours to boil in this way. When done let cool in the water over night. Take up in baking pan, skin, smooth the surface with knife, stick in whole cloves, dust with sugar and place in hot oven to brown for twenty minutes or half an hour.

MRS. H. W. PILLSBURY

### ROAST BEEF

Scrape with knife, wipe with dry cloth, but do not wash. Sprinkle with salt and pepper, then rub with butter, dredge with flour. Put in pan, use no water. Have the oven hot and allow eighteen minutes to each pound.

### POT ROAST

Four to six pounds under part of round; wipe with a clean, wet cloth. Sear all over in hot pan until whole surface is browned. Put in kettle with one cup hot water and set where it will cook very slowly, just below boiling point. Do not let water boil entirely away; add a little at a time, enough to keep from burning; cooks down in its own juice at last and is very nice, sweet and tender. Add salt before it is quite done.

NELLIE M. BAILEY, Lakewood, O.

### BEEF LOAF

Mix together one pound of beef (top round through chopper), one onion, one-half cup rolled oats, six ripe olives (or stuffed olives), one cup of canned tomatoes, one teaspoon salt, little pepper.

Put mixture in greased bread pan (glass is good) and bake in moderate oven three-quarters of an hour.

MRS. A. F. SMALL

### POTTED SHANK OF VEAL

Two shanks of veal, cook very tender; remove all fat and stringy parts, put through coarse meat grinder. Add one-quarter

can pimentos, one half dozen hard boiled eggs coarsely chopped, salt, pepper and paprika, one-quarter teaspoon nutmeg, one and one-half teaspoons celery seed. Boil liquor left down to one pint, mix, put in mould twelve hours on ice.

MRS. JOHNSTON B. CAMPBELL, Washington, D. C.

### SPICED BAKED SLICED HAM

Slice of ham one and one-half to two inches thick, twenty-five whole cloves, one-half cup vinegar, one-half cup water, two teaspoons of mustard, one-quarter cup of brown sugar. Sear surface of ham in hot frying pan. Stick in cloves. Put in baking pan and sprinkle with one-half the sugar. Mix remaining sugar with vinegar, water and mustard. Pour liquid mixture over ham. Bake in moderate oven from one to one and one-half hours, basting frequently with the sauce. Place ham on platter, garnish with slices of canned pineapple and parsley.

MRS. E. M. ROCKWOOD, Franklin

### GOULASH WITH GREEN PEPPERS

1 cup shredded onions	$\frac{1}{2}$ lb. shredded veal, or lean
1 cup shredded green peppers	beef
1 pint stock	1 piece salt pork cut fine

Fry out the salt pork and saute the onions, green peppers and meat in this fat. Sprinkle with a little flour, salt and paprika. Mix thoroughly, add the stock, cooking until the meat is soft. This is tasty and cheap.

FILENE KITCHEN

### BRUNSWICK STEW

2 lbs. neck beef cut into two pieces	1 can of tomatoes
3 potatoes pared and sliced	1 pint water
1 can corn	Salt and pepper to taste

Cook two hours. It's fine.

### CORNERED BEEF

If very salt, soak half hour in cold water. Put on to boil in fresh cold water enough to cover, and when it begins to boil skim occasionally. Simmer until tender and let the meat stand in the water until cold. If liked, pick the cooked meat to pieces and press in a large bread pan under a board with a weight.

### NEW ENGLAND BOILED DINNER

A fancy brisket, well cornered, and cooked as recommended under "Cornered Beef" together with a piece of salt pork, is the



foundation. The fat is all skimmed from the liquor in which the meat was boiled, and about two hours before dinner time the vegetables are put into the boiling kettle and cooked until tender. Carrots, cabbage, parsnips, turnips are used, and one hour before dinner, potatoes are added. Beets are generally boiled alone, as they color the other vegetables.

The method of serving is to put it all on one large platter, the meat in center surrounded by the vegetables neatly arranged. This dinner is excellent served cold the next day and the remainder makes a fine vegetable hash, for which use as much potato as of all the other vegetables together, and beef enough to make a background for the vegetables. It should be chopped fine and moistened with pot liquor, or milk and served very hot.

HOOD'S PRACTICAL COOK BOOK

### HUNTER'S STEW

Take one pound bottom of round steak, cut in four or five pieces, brown well on both sides in a hot frying pan. Also brown in the same way four large whole onions, and a large carrot, cut lengthwise into four pieces. Turn all into a small kettle. Brown in frying pan one heaping tablespoon of flour, add one and one-half cups of hot water, butter size of walnut, let it thicken and strain over the meat and vegetables in kettle. Shake salt cellar four times over it, then let simmer, closely covered, for two hours or more. This is a truly delicious English dish.

MRS. JOHN DUPEE

### VEAL LOAF II.

3½ lbs. veal	¼ teaspoon of mace
½ lb. fat salt pork	Salt, pepper, sage to taste
6 large crackers	Juice of half lemon
2 eggs	

Chop together the veal and pork, add crackers, rolled fine, the eggs and seasoning; mix thoroughly, shape like a loaf of bread, place in a shallow tin with a little water, dredge with flour, dot with bits of butter. Cook two to two and a half hours in moderate oven, basting often. Serve cold in thin slices, garnished with green and slices of lemon. May use one-half cup of melted butter in place of pork. Left-overs of beef are nice prepared in the same way.

### FRIED SALT PORK WITH MILK GRAVY

Cut the pork in very thin slices and fry in a hot pan until crisp and brown. Take out pork, pour off all but three tablespoons

of the fat and into this rub two tablespoons flour. Add one cup of water slowly, boil well; add one cup milk. Nice with baked potatoes. A Vermont dish.

### HAM BALLS

1 cup ham finely chopped                      1 cup very soft boiled rice  
1 beaten egg

Shape like fish balls, roll in flour and fry. Nice way to use the last bits of boiled ham.      MRS. F. W. SEARS, Brockton

### CHOP SUEY

One pound fresh pork from shoulder, cut in small bits, one pound veal from leg; mix together and fry slowly half an hour. Add two level tablespoons dark brown molasses and fry ten minutes more. Add pinch of salt while frying, then add two cups chopped celery, two cups chopped onion and two tablespoons of the Chinese sauce ("Sho Yu"); add water to right consistency and thicken with flour. Boil up and serve with dry rice or noodles.

Rule obtained from a Chinaman in Los Angeles.

MRS. R. P. DINSMORE

### BAKED PORK CHOPS

Wipe pork chops and place on a trivet in a roasting pan. Make a dressing of crumbs, onion and spice. Put a ball of dressing on each chop. Bake in an oven thirty minutes.

### FLANK STEAK BRAISED WITH VEGETABLES

Beat the steak well with a hammer. Dredge well with flour and lay in baking pan. Over it place a thick layer of thinly sliced raw potatoes, then a layer of thinly sliced onion. Pour over this two cups stewed tomatoes, cover closely and cook slowly in oven two and a half to three hours. One-half hour before the meat is done, remove the cover, add water as necessary, and leave it to cook uncovered. In serving, place it whole on a platter and cut down as through a loaf.

GERTRUDE E. BAILEY

### LAZY ROAST

2½ lbs. chuck rib of beef                      1 tablespoon bread crumbs  
1 can peas    1 tablespoon tapioca  
1 large carrot    1 tablespoon salt  
1 onion chopped fine                                      1 clove  
1 teaspoon vinegar                                      A few slices of turnip

Put into a beanpot with cover, fill it up with water, bake five hours in moderate oven. About one hour before serving, add one cup hot water, no other attention required.



**FRIED PICKLED TRIPE**

Soak for one hour in tepid water, then dry carefully in a towel. Dip in beaten egg, then lightly in flour, and fry to a golden brown in half butter and half lard or in nice pork fat. Tripe is also nice sprinkled with salt and pepper, broiled over a clear fire and served with melted butter. Also, soaked ten minutes in olive oil, sprinkled with salt and pepper, dipped in fritter batter and fried in deep fat.

**BREADED VEAL**

Beat one egg light; dip one slice of veal steak in beaten egg, then in bread crumbs. Have a generous piece of butter melted in warm spider, lay steak in and cook slowly for one-half hour; turn steak once, being careful not to burn.

MRS. R. P. DINSMORE

**BEEF MEAT LOAF**

2 lbs. beef (round)	1 pt. milk
1 lb. fresh pork, ground	2 eggs
$\frac{1}{4}$ lb. suet	3 slices bread, ground
Salt, pepper	1 even teaspoon mustard
	$\frac{1}{2}$ grated onion

Mix well, pack in bread tin, set in hot water. Bake one and one-half hours. Pour off juice and thicken for gravy.

M. HOWE, Danvers

**BEEF LOAF**

1 lb. Hamburg steak	$\frac{1}{4}$ onion cut fine
$\frac{1}{2}$ cup milk	1 cup bread crumbs
2 teaspoons salt	2 teaspoons Bell's seasoning
	1 egg

Bake about forty minutes.

MRS. S. ELIZABETH BLODGETT, Billerica

**ESCALLOPED MEAT WITH BREAD CRUMBS**

1 cup chopped cooked meat	2 cups bread crumbs
	1 cup tomato, raw or cooked

Mix, add butter size of egg, salt and pepper to taste, and enough hot water to moisten thoroughly. Put into a buttered baking dish, cover with a layer of bread crumbs dotted with butter. Bake until brown.

MISS L. E. ROGERS

**STEW**

One and one-half pounds round steak. Pound all the flour into it that you can. Sear on both sides. Cut into small pieces,



cover with water and cook slowly until tender. Boil two small onions in water ten minutes, pour off water and add onions to stew. Just before it is done, add salt and pepper and two or three medium potatoes sliced, and three-quarters teaspoon Worcestershire sauce. NELLIE M. BAILEY, Lakewood, O.

### DELICATE HAM

Rub into a thick slice of raw ham one tablespoon sugar, one teaspoon dry mustard. Cover with one cup milk. Bake one hour. This is delicious. G. E. B.

### HAM

When it commences to boil, mix together and add two heaping teaspoons mustard, one-quarter cup molasses, one-half cup vinegar. Then put in an onion stuck with cloves to give flavor. This receipt used by an old Salem family.

MRS. M. A. BECKERMAN  
MISS STANLEY

### AMERICAN CHOP SUEY II.

Fry salt pork. In the fat fry two medium onions for five minutes, add one pound Hamburg steak, one-half package cooked macaroni, one pint tomatoes, a little chopped celery. Place cracker crumbs on top dotted with butter, and bake thirty minutes. MRS. EDWIN MANNING

### YORKSHIRE PUDDING

Beat three eggs with a pinch of salt, add 1 pint of milk and two-thirds cup of flour, stir until smooth, then pour in a well greased pan and bake until done. Serve with roast beef. It is sometimes baked in the same pan with the roast.

MRS. JOHN H. LYONS

### LAMB STEW

1½ lbs. lamb or mutton                      2 cups carrots

Use lamb or mutton from shoulder, cut into small pieces. Cover with cold water and cook slowly without boiling for four to six hours. Three-quarters of an hour before meal time, add the carrots, pared and cut into one-half inch pieces. When done thicken the gravy with two tablespoons flour. Serve on a large platter with a border of boiled rice.

### POT ROAST

Place a few slices of salt pork in the bottom of the bean pot, then put in a piece of beef cut from the round weighing about two

pounds. Add an onion sliced thin, salt and pepper, and enough water to cover the meat. Bake slowly three hours, then remove the meat, thicken the gravy, strain and serve.

MRS. G. W. FOSTER

### RUSSIAN CASSEROLE

4 lbs. round steak	4 large onions
4 large carrots	2 tablespoons butter

Put butter in spider with meat, brown on all sides, then pour enough water in spider to cover. Now place in covered casserole and bake four hours, putting the sliced onions and sliced carrots in so as to cook about two hours. Place on platter and pour over the thickened gravy. MRS. SARAH V. LIVERMORE, Lowell

### BEEF LOAF

1 lb. Hamburg steak	1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper	1 cup milk
1 egg	Small piece of butter
2 crackers rolled fine	

Mix together, put in buttered pan and put dressing on top, made of:

1 cup rolled crackers	$\frac{1}{2}$ cup milk
A little salt, pepper, sage or poultry seasoning.	$\frac{1}{2}$ cup water

Dot the top with pieces of butter, and bake one hour. A can of vegetable soup poured over is a great improvement.

RENA M. TRULL

### SMOTHERED HAM

Soak slices of ham in tepid water until sufficiently freshened, dredge with flour, put in a shallow pan and bake in the oven till the fat is brown and crisp. If the dredging of flour is not too much, the steam and liquid from the ham will moisten the flour and make a puffy crust that keeps the meat soft and tender. This way of cooking sliced ham is really very nice. Garnish with crushed pineapple mounds.

### TOAD IN THE HOLE

1 cup chopped ham	2 tablespoons bread crumbs
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Add to a custard made of two eggs and one pint milk; place in buttered pudding dish and bake as a custard.

### BAKED SPARE RIBS

Put spare ribs in cold water and let cook for almost an hour. Into a baking dish put a layer of raw, sliced potatoes, then a layer

of raw, sliced onions. Lay the spare ribs on this and finish the dish with another layer of onions and the top layer of potatoes. Add enough water to half fill dish, and bake one hour, covered the first half hour. Serve boiled cabbage with it.

### VEAL LOAF III.

3½ lbs. veal steak	2 eggs beaten
1 slice fat salt pork chopped fine	4 crackers
1 tablespoon salt	1 teaspoon pepper

Put into bread pan after ingredients are well mixed. Sprinkle with fine bread crumbs. Bake two hours. Can be served hot with tomato sauce, or sliced when cold. MRS. O. H. NICHOLS

### BAKED SLICED HAM

One slice (about two pounds) ham cut two inches thick. Cover with water and let stand several hours. Drain, and put in baking dish with three teaspoons sugar, three teaspoons mustard. Cover with milk, let stand over night if wanted for breakfast. Bake one and one-half to two hours, adding extra milk while baking, and baste often. Strain liquid, add little thickening and serve with the ham. MISS HARRIS, Orange, Mass.

### HAMBURG EN CASSEROLE

1 lb. Hamburg steak	1 onion shredded
1 cup cooked rice	1 cup canned tomatoes
	(Turn off the liquid)

Season with salt and pepper, mix well before putting in casserole: bake about forty-five minutes. A nice variation is to use the same amount of Hamburg, two cups cooked spaghetti, two cups tomato soup, one cup water, one teaspoon vinegar, onion same as above, also salt and pepper. Sprinkle cracker crumbs on top and bake one hour in open tin. MRS. R. P. DINSMORE

### CALIFORNIA SETTLERS' STEW

1 lb. Hamburg steak	2 medium sized onions
	1 can tomato soup

Chop onions, add to steak, season with salt and pepper, form into balls and fry. To the tomato soup add equal amount of water, bring to a boil, add the meat balls and boil fifteen minutes. Serve with boiled rice or mashed potatoes.

MRS. SARAH V. LIVERMORE

### POTTED MEAT

Ten pounds shank of beef. Boil till the meat leaves the bone, or five or six hours. Boil the liquor down until you have about a



pint. Chop the meat, add the liquor, then add salt and pepper to taste. Put meat in moulds and let stand in a cool place over night, when it will be ready for use.

MRS. GEORGE W. FOSTER

### BACON

Dip thin slices of bacon into sweet milk, then into flour, and fry in a little hot fat.

### HAM EN CASSEROLE

Soak a slice of ham to freshen and place in bottom of casserole. Over it slice two or three onions and sufficient potatoes for the number to be served. Pour milk over to nearly cover the potatoes, and bake covered for two hours in a medium oven.

MRS. W. M. BENNETT, Medford Hillside

### ROAST PIG

The pig should be from three to six weeks old. Wash in warm water, then in soda and water. Cleanse all the passages of the head and throat with a wooden skewer wrapped in a piece of soft cloth, changing often. Wash again with warm water and wipe inside. It may be filled with mashed potatoes, veal forcemeat or a stuffing. Stuff pig into its natural size and shape, sew and truss. Bend the forefeet backward from the knee and the hind legs forward. Prop mouth open with a potato the size of a lemon. Set in moderate oven at first and increase heat gradually. In half an hour begin basting, using melted butter until there is enough fat from pig. Brush thoroughly once in ten minutes. Cover ears and tail with caps of oiled paper. Serve in bed of parsley with a lemon in the mouth.

MRS. H. B. TREADWELL

### TO SERVE WITH MEATS

Roast beef, grated horseradish  
Roast veal, tomato or horseradish sauce  
Roast mutton, currant jelly  
Roast pork, apple sauce  
Roast lamb, mint sauce  
Roast turkey, cranberry jelly  
Roast venison, grape jelly  
Cold boiled tongue, sauce tartare  
Pork sausage, fried apples  
Corned beef, mustard  
Broiled steak, mushrooms  
Tripe, fried bacon



**ROAST CHICKEN WITH GIBLET GRAVY**

Clean the chicken, wash thoroughly and wipe dry. Now fill chicken with the following dressing:

4 cups dried bread crumbs                      2 slices salt pork

Put both the above through the food chopper; add one egg beaten, salt, pepper and ground sage to taste. Moisten with boiling water, using care not to have it too moist. Put into chicken while still hot.

**GIBLET GRAVY**

Boil neck and giblets in just enough water to cover. When done, remove meat from neck and chop with the giblets. Add to the gravy in the roaster with the water they were boiled in. Thicken with flour. Add a little Kitchen Bouquet to color brown, if necessary.

BLANCHE KING

**POULTRY DRESSING**

3 cups bread softened in milk                      1 egg                      2 onions  
1 cup mashed potatoes                      2 tablespoons butter

Salt, pepper and poultry dressing to taste.

MRS. JOHN LYONS

**NICE WAY TO COOK CHICKEN**

Joint the chicken and fry in pork fat until brown. Remove chicken and add one tablespoon chopped onion browned in the fat. Add a tablespoon of flour and brown, then add one pint of hot water for gravy; season with salt and pepper, then add one-half cup of strained tomato. Lay chicken in gravy, then cover and cook slowly till tender.

MRS. ALDEN HAINES

**BALTIMORE CHICKEN**

Cut chicken in pieces for serving, sprinkle with salt and pepper, dip in egg and cracker crumbs, or dredge with flour.

Arrange in baking dish, baste with melted butter, cook in hot oven twenty to thirty minutes, or until tender.

MRS. HARRY L. MANN

**BROWN FRICASSEE CHICKEN**

Cut chicken into joints, put in sauce-pan and boil until nearly done, season with salt and pepper. Remove and finish cooking by frying in butter. Place chicken on platter, arrange small soda biscuits on top. Pour water chicken was boiled in, into the hot fry pan, thicken with flour and pour over the chicken and biscuits.

### ROAST GOOSE

Select a plump goose, clean and dry thoroughly in the inside, then fill with dressing made from:

9 large potatoes boiled and mashed	3 crackers ground
3 onions cut fine	1½ tablespoons sage
Butter size of walnut	Salt to taste

Flour breast thoroughly and place in slow oven until it commences to brown, then quicken oven. Prick breast every fifteen minutes with sharp fork to remove oil. Do not baste with this oily water, but with a little clear water; cook until tender.

MRS. JOHN J. YOUNG

### CHICKEN CROQUETTES

Cooked chicken, chopped fine; season with salt and pepper and a few drops onion juice. Moisten with a sauce made of two heaping tablespoons cornstarch, two tablespoons butter and one pint of milk; salt, pepper and one beaten egg. Cook until it thickens; mix with chicken, cool, shape, roll in crumbs, dip in egg, and fry in hot fat.

MRS. ALDEN HAINES

### ROAST GOOSE

Select a young goose and parboil well. Make a bread dressing as for turkey, adding two large onions chopped fine. Roast same as turkey, slowly.

MRS. ARTHUR H. LUCIA

### CHICKEN CROQUETTES

Fry together butter size of egg and one small onion, add two and one-half cups cold, finely chopped chicken, one slice of bread soaked in cold water and squeezed dry, one tablespoon parsley, little lemon juice, salt and pepper, one well beaten egg, two, if ingredients seem too dry.

Make in little rolls two or three inches long by an inch in diameter. Dip in beaten egg and roll in cracker crumbs, fry in hot fat until brown. Handle carefully so as not to break, for if they fall apart they will soak fat. The parsley may be omitted, if necessary, but it adds greatly to the flavor.

MRS. ALICE L. KING

### CHICKEN PIE

Boil a chicken; when done remove meat from bones. Place in baking dish with just enough of the water it was boiled in to cover. Thicken slightly with flour. Cover with a crust made as

for biscuits. Cut an opening in the center of the crust for the steam to escape. Bake in a moderate oven.

### CHICKEN A LA CASSEROLE

Wash and clean chicken. Cut in convenient pieces, place around casserole, season with salt, pepper and poultry dressing; sprinkle all over with flour, brown good before adding water enough to cover. Bake until tender, then add two or three cups of any good poultry stuffing and bake fifteen or twenty minutes longer. Push the chicken to one side of casserole to make room for stuffing.

MRS. GEORGE BROCK

### CHICKEN SALAD

1 cold cooked fowl

2½ cups celery

Remove skin and bones from fowl; dice, and mix with the celery which has been cut in small pieces; let stand one-half hour. Then serve on lettuce with a Mayonnaise dressing, garnish with stuffed olives, although this may be omitted.

### BONED CHICKEN

Boil a chicken in as little water as possible, until meat will fall from the bone. Remove all skin, chop together light and dark meat, season with pepper and salt. Boil down liquid in which chicken was boiled. Then pour it on meat, placing in tin wrapped tightly in cloth. Press with heavy weight for several hours. Serve cold, cut in thin slices.

MRS. ALDEN HAINES



## SAUCES

### TOMATO SAUCE

One can tomato, one can water. Cook until soft, strain. Two tablespoons butter (rounded); cook until light brown. One small onion, two tablespoons flour added to tomato. Serve with spaghetti.

MRS. H. B. HOWARD, Reading

### WHITE CREAM SAUCE

To be served with boiled halibut or salmon: two tablespoons heated butter, one tablespoon flour added to butter and mixed well. Add boiling water so it looks like pudding. Add milk until it is creamy. Cook in double boiler and add two hard-boiled eggs chopped or cut in small pieces.

MRS. CHESTER TRULL

### HORSERADISH SAUCE

$\frac{1}{2}$ cup heavy cream	3 tablespoons vinegar
$\frac{1}{4}$ teaspoon salt	2 tablespoons grated horse-radish

Beat cream until it begins to thicken. Add vinegar slowly, beating continually. When stiff, add horseradish. Serve with roast beef.

A. J. WHITTREDGE

### WHITE SAUCE

2 tablespoons butter	1 cup milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Melt butter, add flour mixed with seasonings, stirring until thoroughly blended. Pour on the milk one-third at a time, stirring until well mixed. Cook until smooth; milk may be used cold or scalded.

MRS. FRED BRIGGS

### DRAWN BUTTER SAUCE

1 pt. hot water or white stock	2 tablespoons flour
$\frac{1}{2}$ cup butter (scant)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ saltspoon pepper	

Put half the butter in sauce-pan, being careful not to brown; when melted add dry flour, mixing well. Add hot water a little at a time, stirring rapidly until it thickens. Add remainder of butter, salt and pepper; strain if lumpy.

Capers or nasturtium seeds pickled, may be added to above sauce for boiled mutton.



**EGG SAUCE FOR BAKED OR BOILED FISH**

To Drawn Butter Sauce add two or three hard boiled eggs chopped fine, and juice and pulp of one large lemon, together with chicken liver previously boiled and mashed fine.

**SHRIMP SAUCE FOR FISH**

To Butter Sauce add one-half pint shrimps whole or chopped; two teaspoons lemon juice and few grains cayenne.

**MINT SAUCE**

One cup fresh chopped mint leaves and tips, previously washed and drained. One-quarter cup sugar, one-half cup vinegar. Heat slightly or let the mint stand awhile in the cold vinegar. Serve with cold lamb.

**SAUCE TARTARE**

1 tablespoon capers chopped fine	1 tablespoon parsley chopped fine
1 tablespoon sour cucumber pickles chopped fine	1 tablespoon olives (stoned) chopped fine

Add a little onion juice and stir all into Mayonnaise. To be used with any fried fish, crabs, etc.

MISS EVELYN JOHNSON, Dracut

**CHEESE SAUCE FOR FISH**

1 tablespoon butter	1 cup grated cheese
1 cup milk	Salt and paprika

Bring to boil and add one beaten egg.

MRS. HOWARD FOSTER

**CURRY SAUCE FOR LAMB OR HARD BOILED EGGS**

2 tablespoons butter in which fry until yellow:	
1 onion sliced very thin	$\frac{1}{4}$ teaspoon pepper
2 tablespoons flour	$\frac{1}{2}$ teaspoon curry powder
1 cup milk	$\frac{3}{4}$ teaspoon salt

MRS. FOSTER

**RAISIN SAUCE**

1 lb. seeded raisins	1 heaping teaspoon butter
Cook in 1 qt. water about 1 hr.	Salt to taste
Thicken with 1 tablespoon cornstarch	
Serve hot on hot baked ham.	

MRS. HUGH CAMERON

## VEGETABLES

Lucullus, whom frugality could charm,  
Ate roasted turnips at the Sabine farm.

—*Caesar*

Vegetables have little nourishment, but are valuable for the large amount of water and mineral matter contained, and for their bulkiness or roughage in the diet. Green vegetables should be cooked as soon as possible after gathered, should be washed thoroughly in cold water and cooked in boiling water. If they have become wilted, they may sometimes be freshened by standing in cold water an hour or so in a dark place. Green vegetables keep their color better if boiled rapidly in salted water, uncovered. Before using lettuce, cabbage or cauliflower, wash thoroughly, cover with cold water and add a tablespoon of salt. If any insects are there, they will crawl out, and the vegetables will become crisp and fresh also. Vegetables like carrots, turnips, squash and peas, are improved by adding one teaspoon sugar to the water in which boiled.

### TIME TABLE FOR COOKING VEGETABLES

Asparagus	30-35 minutes
String beans	2-3 hours
Shell beans	1-2 hours
Young beets	45-60 minutes
Old beets	Forever, 5 hours, at least
Young cabbage	30-45 minutes
Young carrots	45-60 minutes
Cauliflower	20-30 minutes
Celery	30-45 minutes
Corn (after it begins)	5-8 minutes
Onions	1 hour
Parsnips	30-45 minutes
Peas	20-30 minutes
Macaroni	25-30 minutes
Brussels sprouts	15-20 minutes
Potatoes	20-30 minutes
Rice	15-20 minutes
Spinach	20-30 minutes
Squash	20-30 minutes

Winter vegetables	1-2 hours
Tomatoes	15-20 minutes
Young turnips	30-45 minutes
(In boiling beets keep them covered with water.)	

### BAKED BEANS

Pick over one quart California pea beans, soak over night. Drain and put in bean pot with one half pound of pork (the rind neatly scored) and a mixing spoon of molasses. Bake all day, at least seven hours, filling up with hot water as it cooks away. Never add enough so you can more than just see the water or the beans will be sloppy. The pork should be so placed that the rind just appears at the top of the bean pot. Have a new, hot, steady fire for baking beans. MRS. EDWIN BLODGETT, Billerica

### BEEETS WITH LEMON BUTTER SAUCE

Skin and chop into small pieces cooked beets. Season well with salt, melted butter and two tablespoons lemon juice.

### CREAMED CARROTS

Six carrots diced, cook till tender, drain, add one cup milk, one tablespoon butter, one tablespoon flour, one-half teaspoon sugar, salt and pepper to taste.

### NEW WRINKLE

Two carrots cut into small cubes, two white turnips cut in small cubes, one can peas. Cook each separately, then mix, add butter and salt.

### BAKED BANANAS

Cut lengthwise, put into buttered tins. Take juice of one lemon, one tablespoon butter, sugar to taste, melt all together, pour over bananas, bake one-half hour. Serve with meats.

### MASHED POTATOES

One-quarter cup butter melted in  $\frac{1}{4}$  cup milk for each quart and beat until fluffy.

### BEET GREENS

Wash greens carefully. Cook one hour or more, until tender in boiling salted water. Season with butter and pepper.

### POTATO CAKES

Mix left over mashed potatoes with such scraps of meat, dressing and gravy as may be on hand. Add bread crumbs to



make the mixture stiff enough to form into cakes. Brown cakes on both sides in hot greased pan. If no meat is on hand use a little bacon or salt pork.

### BAKED PEPPERS

Cut stem end off, scoop out seeds, place in cold water, let come to a boil; when they have boiled fifteen minutes drain, fill with either stuffing preferred, put a piece of butter in each and bake fifteen minutes in a pretty hot oven.

### FILLING FOR BAKED PEPPERS

1. Mince teacup cooked meat, add one-half cup bread crumbs, salt, pepper, onion juice, one tablespoon melted butter, one beaten egg, stock or water to moisten.

2. Cooked macaroni or spaghetti sprinkled with cheese, one spoonful of tomato sauce added, then sprinkled with crumbs. Baste with a little butter in warm water while cooking.

3. Mix one cup cooked corn with three tablespoons cracker crumbs, add salt, pepper, one egg beaten with one-half cup milk.

Use only sweet peppers for this dish, and choose those with thick pulp and thin skin.

### SCALLOPED CABBAGE

Fill your baking dish with raw cabbage, shaved or chopped, cover with thin white sauce, sprinkle with buttered cracker crumbs. Bake about thirty minutes in hot oven.

M. B. NICHOLS, Hathorne

### TURNIPS

Cook first for twenty minutes in boiling water to which a little baking soda has been added, then drain and cook in fresh water until tender. The flavor will be much improved when cooked in this way.

### SCALLOPED POTATOES

Peel and slice raw potatoes thin. Butter an earthen dish, put in a layer of potatoes, season with pepper, salt, butter and a bit of chopped onion. Sprinkle on a little flour. Now put on another layer of potatoes and seasoning, and continue in this way until the dish is filled. Pour over it one cup milk, and bake three-quarters of an hour.

### CREAMED SQUASH

Peel and cut squash in pieces. Add one cup hot water, one scant teaspoon salt, one tablespoon butter. Cook until tender and



dry, then mash, add two tablespoons cream. The secret of success is adding the butter while cooking, and in boiling the water away instead of pouring it off.

### SPINACH

Does not need water in which to cook. Wash it well through several waters and throw into a sauce pan without draining. The water that adheres to the leaves and the juices that the heat draws from them will be sufficient. Cook slowly for fifteen minutes, chop, season with butter, pepper and salt, and reheat. Garnish with slices of hard boiled egg.

Used many years in the Bailey family.

### BAKED POTATOES

Try peeling potatoes before putting in the oven to bake. When they are done they have a nice, brown, crisp crust that is very appetizing.

### SUPERFINE STRING BEANS

Snap the beans as usual, wash and let them stand in the cold water while you put a good sized piece of butter into the kettle (depends upon the quantity of beans you are to cook). Take the beans up out of the cold water in your hands and don't be particular about draining off all the water. Put them in kettle on top of the butter. Don't add a drop of water. Put them on the stove and let them cook about fifteen minutes. Don't be afraid they'll burn; they won't. Then add just enough water to cover. When they are done the water should be almost if not quite boiled away, and your beans are all ready for the table, and the taste will be a revelation. When you add the water, add also one teaspoon salt.

### FRIED EGGPLANT

Slice, and soak in salted water for an hour or more to extract bitter taste. Drain, wipe dry and fry in butter or nice pork fat until tender. If preferred, the slices may be dipped into beaten egg, then into crumbs, before frying. Serve very hot. Delicious.

AMY TINGLEY

### SUMMER SQUASH

It is very nice cut in slices and cooked same as egg plant, and is a change from the usual way of boiling it.

### STEWED CUCUMBERS

Peel large cucumbers, cut into quarters lengthwise and boil gently in salted water twenty minutes. When done, lay on toast and cover with a sauce made of two tablespoons butter, one tablespoon flour, one-half teaspoon salt, little pepper, one-half pint boiling water. Add juice of one-half lemon if liked. Serve at once; nice way to use cucumbers too old for slicing.

### SCALLOPED CORN

Butter baking dish. Put in one-half can corn and sprinkle thickly with rolled cracker crumbs. Dot generously with butter, and season with pepper and salt. Add remainder of the can of corn and proceed the same as before, having another layer of cracker crumbs and butter on top. Bake until a nice brown.

MRS. M. L. DARBY

### BAKED POTATOES WITH CHEESE

Bake six large potatoes and split them lengthwise. Scoop out the inside, mash very fine, add one-half cup hot milk, two teaspoons salt, and one-quarter pound grated cheese. Refill the shells, dust with paprika and bake for ten minutes in a hot oven until a delicate brown.

### CARROTS

A nice way to serve is to cook in the usual way, then chop fine, and dress with butter, salt and pepper.

MRS. ALPHA NORRIS

### MASHED TURNIPS WITH ONION

Cut up turnips and cook in salted water with an onion. When tender, drain off water and mash, add butter and a little pepper. Nice for a change.

### CABBAGE

After cabbage has been soaked in cold salted water one-half hour, shave it rather fine, boil very rapidly in plenty of water (have much more than you think is needed) for one-half hour. Drain, chop, season with salt and plenty of butter. It is creamy and delicious and more digestible than when long cooked. The boiling must be maintained to the last minute.

### STUFFED TOMATOES

These are very nice prepared the same as baked peppers, or they may be stuffed with shrimp or crab meat mixed with one-half cup white sauce seasoned with a speck of mustard, salt, pepper and paprika. Cover the tops with buttered bread crumbs and bake thirty minutes.

### SOMETHING NEW

Pare and boil sweet potatoes; mash, season to taste with cream, butter and salt. Put in a baking dish, smoothing the top of potatoes. Cover the potatoes with marshmallows, leaving just enough room for them to spread. Just before serving, place in a moderate oven long enough to melt the marshmallows and brown delicately. Serve at once. MRS. EDITH GARFIELD BERRY

### POTATOES O'BRIEN

Dice cold boiled potatoes, add a sweet green pepper chopped fine, season well, place in a baking dish, dot with butter and moisten with milk. Cook until the milk is absorbed. A thin white sauce may be used if preferred, in which case bake long enough to cook thoroughly. MRS. JOHN G. BERRY, Philadelphia

### PARSNIP STEW

Try out several slices of pork. Slice enough parsnips to fill a quart measure, one pint sliced potatoes. Put on to boil with the pork and cover with water. Cook until done, then add one pint milk. Season to taste. MRS. EDITH M. FOSTER



## ENTREES

### SOUFFLE OF TOMATO AND MACARONI

1 can tomato soup  
1 cup cooked macaroni  
Make a white sauce of  
2 tablespoons of butter  
2 tablespoons flour  
 $\frac{1}{2}$  cup of milk

When thickened add the tomato puree.

Let cook two minutes and add two-thirds cup grated cheese, one-half teaspoon salt, a few grains pepper, and the macaroni. Place over hot water and add the beaten yolks of three eggs — the beaten whites of three eggs cut in. Cook over the hot water fifty minutes or until firm.

MRS. W. M. BENNETT, Medford Hillside, Mass.

### CHICKEN PUFF

One cup chopped chicken, two eggs, separate whites and yolks. Make a white sauce by melting two tablespoons butter in a saucepan, add one tablespoon flour. When thoroughly blended, add one cup milk, one-half teaspoon salt, one saltspoon pepper, and cook till thickened. Beat yolks of eggs light, and mix with chicken, then add white sauce, mix thoroughly. Cut in the beaten whites of eggs. Bake twenty minutes. Onion juice may be added.

MRS. EMMA ANDERSON, East Lynn

### MOULDED HALIBUT

Soak one cup of bread crumbs in one cup of milk, and add one cup of chopped halibut, add one teaspoon salt, one teaspoon onion juice, one-quarter teaspoon pepper; last, two or three stiff whites of eggs. Bake in a pan of hot water forty or fifty minutes.

Serve with an egg sauce.

MRS. FRED L. ROPER

### PINEAPPLE FRITTERS

1 cup of flour  
 $\frac{1}{2}$  cup milk  
2 tablespoons of sugar  
2 teaspoons of baking powder  
 $\frac{1}{2}$  teaspoon salt  
2 eggs  
1 cup cut-up pineapple

Beat eggs and add milk.

Mix, and add sugar, salt, baking powder sifted with flour, and pineapple. Add more flour if needed to make batter stiff enough to drop by spoonful in hot fat; fry and drain on paper. Serve with sauce made of the pineapple syrup and a little sugar.

MRS. EVA UDELL, Dracut



## RED DEVIL

- |   |                              |
|---|------------------------------|
| 1 cup milk                                  | 1 snappy cheese              |
| 1 tablespoon butter                         | 1 can Campbell's tomato soup |
| 1 tablespoon flour                          | Dash salt and paprika        |
| $\frac{1}{2}$ teaspoon Worcestershire Sauce |                              |

Put milk in double boiler. When hot add flour and butter, then add snappy cheese and dissolve thoroughly, then add soup and seasoning. Serve on toast or crackers.

MRS. ARISTON BARROWS, Lowell

## SCOTCH WOODCOCK

2 cups tomato sauce or Campbell's soup *not* diluted.

2 cups cheese, cut up and melt in tomato.

When melted add 1 teaspoon salt, a little red pepper and one beaten egg into which has been put one teaspoon mustard.

Serve on toasted bread or saltines.

MRS. H. P. DINSMORE

## MEAT SOUFFLE

One cup cold chopped meat, one cup white sauce, two eggs beaten separately (yolks and whites). Salt and pepper to taste. Bake twenty minutes in hot oven in buttered dish and serve immediately.

MRS. RAY P. DINSMORE, Akron, Ohio

## HAMBURG WITH OLIVES

Place one pound Hamburg steak in baking pan to form a layer about an inch thick. Put through grinder a small onion and small bottle stuffed olives. Spread evenly on top of steak and pour over same one cup tomato catchup. Bake in hot oven fifteen minutes after adding one-quarter cup water. This is a very appetizing dish.

MISS ANNIE L. PASHO, Lowell

## MACARONI WITH MEAT

Two packages macaroni cooked quite soft, add one quart plain tomato, butter size of egg, add two large onions, chopped fine and fried in butter until quite tender; add one and one-half pounds Hamburg steak, fried. Let all cook together a very short time; add salt and pepper.

MRS. NELSON J. BROWN

## SUPPER DISH

6 large onions

$\frac{1}{4}$  lb. cheese

1 can tomatoes

Pare and boil onions until tender, in salted water. Drain off and put into baking dish as follows: one layer onions, one layer

cheese, one layer tomato. Sprinkle with salt and pepper; then another layer onions, etc., until dish is filled. Cover top layer with small patties of butter and bake in a moderate oven. Serve in the dish it is baked in.

MRS. E. A. SANDERSON

### STUFFED PEPPERS

Take six medium-sized sweet green peppers, scoop out centre and parboil thirty minutes. Open one can of Campbell's vegetable soup and add about one cup of cracker crumbs. Fill peppers with mixture, cover with crumbs and dot generously with butter. Bake in rather hot oven twenty minutes.

MRS. AUSTIN FRENCH

### CHICKEN WIGGLE

1 cup minced chicken  
1 cup cream

1 cup milk  
Yolks two hard boiled eggs  
put through sieve

One tablespoon flour rubbed with the above wet with a little milk. Put in a pan a piece of butter size of an egg, let simmer to light brown and season with pepper and salt. Add milk, cream and egg and cook thoroughly, adding lastly one-half can French peas and do not stir. Shrimp or salmon may be used in place of chicken. Serve on toast, enough for six people. Very good.

MRS. DINSMORE

### CORN A LA TOURAINÉ

Make a thick cream sauce. Add one can of corn, salt and pepper to taste. Two or three chopped Spanish peppers or pimentos. Cut in one-fourth to one-half a pound of cheese. Let cook ten or fifteen minutes, then put in buttered baking dish covered with grated cheese, pieces of butter on top and bake until brown.

MRS. HARRIET P. OSGOOD, Lowell

### CORN FRITTERS

1 pt. chopped green corn or  
 $\frac{1}{2}$  can of corn  
1 egg

Salt  
1 cup sweet milk  
 $1\frac{1}{2}$  teaspoons baking powder

Thicken with flour and drop a tablespoonful at a time into deep fat, fry brown. This same batter can be used for clam cakes by omitting corn and substituting one pint chopped clams.

MRS. LUCY L. WATSON

**CORN OYSTERS**

1 pint grated corn  
2 eggs well beaten

1 small teacup flour  
 $\frac{1}{2}$  cup milk

1 teaspoon salt

Fry in deep fat.

MRS. E. W. OSTERMAN

**HAM RAREBIT**

Toast slices of bread, spread thickly with potted ham, then with thin slices of new cheese and a very little prepared mustard. Let stand in oven until the cheese is melted.

**ESCALLOPED MEAT**

Chop meat rather coarse, season with salt and pepper and put in a baking dish. Have alternate layers of meat, gravy and bread crumbs. The last layer must be of crumbs. Cook in hot oven twenty minutes.

MISS HANNAH J. CHANDLER

**CHICKEN WIGGLE**

Two tablespoons butter, heated, add two tablespoons flour. When mixed well, add one pint milk warmed a third at a time. Be sure to have sauce smooth before adding the last third. When this boils, add one can chicken picked to pieces and add one can peas strained. Salt to taste and cook a short time. Serve on toasted bread or crackers.

MRS. RENA M. TRULL

**STUFFED GREEN PEPPERS**

Use sweet green peppers cut lengthwise and remove seeds. Put in boiling water for five minutes to parboil. Fill each one with a stuffing made of cracker crumbs and minced meat well seasoned with salt, butter and a few drops of onion juice. Place in a baking dish with stock about one inch deep. Bake moderately about one-half hour.

MRS. HERBERT L. TRULL

**ENGLISH MONKEY**

Cut one-half pound cheese in small pieces, put in double boiler with butter size of an egg and let it melt. Fill a pint bowl with bread crumbs and cover with milk. Beat one egg and add pinch of salt and pepper, one-quarter teaspoon mustard and shake of cayenne pepper, put into cheese and cook about ten minutes. Serve hot on toast.

MRS. H. L. TRULL

**GOOD SUPPER DISH**

Two heaping cups of mashed potatoes seasoned, one can of vegetable soup. Cover with a thin layer of crumbs or more



mashed potatoes. Dot with small pieces of butter. Bake fifteen or twenty minutes.

MRS. GEORGE E. BENNETT

### WALDORF ASTORIA RICE

1 cup cooked rice

2 eggs

1½ cups milk

Bake like custard.

1 cup grated cheese

1 can pimentos

Salt and pepper

MISS ANNIE L. ELLIS

### CHEESE SOUFFLE

2 tablespoons butter

2 tablespoons flour

½ cup scalded milk

½ teaspoon salt

Dash of paprika

¼ cup grated cheese

3 eggs

Melt butter and mix with flour. Add hot milk gradually, then salt, pepper and cheese. Remove from fire and add beaten yolks. Cool the mixture, fold in beaten whites, pour in buttered baking dish and cook about twenty minutes in slow oven. Serve at once.

MRS. A. F. SMALL

### RICE CROQUETTES

2 cups boiled rice

1 tablespoon butter

1 egg

½ teaspoon salt

To the hot boiled rice add butter and well beaten egg. Spread over a plate and when cold shape into balls. Roll in soft crumbs, dip in egg slightly beaten. Roll in crumbs again and fry in hot fat.

MRS. D. McKILLOP

### GERMAN POTATO CAKE

Select seven or eight good-sized potatoes. Scrub clean and pare them, not being too particular about removing all the skins. Put them through a fine grater, and thin out with milk, adding enough salt to taste. Then add enough flour to make a batter such as for griddle cakes. Mix well and drop from spoon into any desired shape on a hot pan well greased with pieces of fat pork. Cook on both sides slowly until well browned. Serve hot with salt and pepper and butter.

MRS. C. A. LYLE

### TOMATO CAKES

1 cup bread crumbs

1 egg

½ teaspoon salt

Flour enough to make a batter.

Fry as griddle-cakes.

1½ cups stewed tomatoes

1 tablespoon fat

2 teaspoons baking powder

MRS. F. G. GULLILAND

### SNAPPY CHEESE RAREBIT

Melt two tablespoons of butter. Mix one tablespoon of flour one-half teaspoon of salt, one-quarter teaspoon of mustard and a dash of cayenne pepper and add to butter. Add one cup of warm milk, when hot add one package of snappy cheese and melt, stirring all the time; add one egg beaten last.

MRS. ARTHUR H. LUCIA, Medford

### SUPPER FOR A COLD NIGHT

Chop meat, raw or cooked, one or two kinds, if they blend well, as veal and ham, or beef and pork, enough to make about two cups; season. Make a good biscuit crust of two cups of flour, roll not too thick; put meat in, prick on the top, and wet edges; bake in a quick oven, save a little of the gravy and pour over top. Return to oven for ten minutes. See if this recipe isn't good on a cold winter's night, or anytime.

MRS. BUCK

### RICE AND CHEESE

Boil one cup rice five minutes in plenty of water. Drain and rinse in cold water, melt piece of butter size of an egg in a frying pan and add the rice and one-half a chopped onion. Cook until butter is all absorbed, then add one cup strained tomato, two and one half cups stock or water, salt and pepper to taste, cook until rice is tender and the liquid absorbed, then stir in good half cup grated cheese. Serve very hot.

MRS. MANTIR E. GARLAND

### CHEESE CUSTARD

Butter a baking dish, put in layer of bread cut fine, sprinkle grated cheese over bread and dust with salt, pepper and mustard. Add other layers of bread and cheese, seasoning as before. Beat one egg slightly, add one cup milk, and pour over bread and cheese.

Bake half an hour in a moderate oven.

HARRIETTE G. LEE

### ESCALLOPED ONIONS

Take eight or ten onions of good size. Slice them and boil until tender, lay in a baking dish; put in bread crumbs, butter in small bits, pepper and salt between each layer until dish is nearly full. Put bread crumbs last. Add milk or cream until dish is full. Bake about one-half hour.

MRS. JOHN F. FRENCH

**CREAMED OYSTERS ON POTATO MOUND**

Boil potatoes, mash well with small lump of butter, season with salt and pepper to taste. Add one or two tablespoons of cream and beat light. Grease a platter with butter and pile potato in a rough border around the platter. Just before potatoes are arranged, blend a tablespoon butter, scant tablespoon of flour in sauce pan, add a cup of cream and milk mixed, season with pepper. Stir well to prevent lumping when boiling. Add one pint of oysters and remove from stove as soon as gills curl. Pour creamed oysters in centre of potatoes and serve *hot*.

This recipe is very good also, substituting a can of salmon for oysters.

MRS. JOHN DUPEE



## SALADS

“To make it one must have a spark of genius.”

### EGG AND GREEN PEPPER SALAD

Boil eggs very hard and when cold, chop them very fine. Chop very fine an equal quantity of green sweet peppers. Mix together thoroughly and serve with French Dressing on lettuce leaves. Toss rather than stir the egg mixture.

H. B. FIFIELD, Janesville, Wisconsin

### ORANGE AND CHERRY SALAD

Remove white membrane from two oranges and cut each section in halves, crosswise. Mix one cup pineapple cut in cubes with one-half cup candied cherries halved. Mix by tossing together with two forks. Add orange and cover with Lemon Cream Sauce.

#### LEMON CREAM SAUCE

To one-half cup whipped cream add four tablespoons sugar and three tablespoons lemon juice. M. A. NICHOLS, Salem

### CRANBERRY SALAD

One quart cranberries, two cups boiling water. Cook until soft and strain. Add one and one-quarter cups sugar; cook five minutes. Add one and one-half heaping tablespoons gelatine mixed in three tablespoons cold water. Stir until dissolved. Cool and add three-quarters cups each of chopped apple, celery and nuts. Turn into moulds and set.

MRS. G. THORNDIKE TRULL

### TOMATO JELLY

Soak one envelope (tablespoon) Plymouth Rock gelatine in one cup cold juice from jar of canned tomatoes; add one cup boiling hot juice, one teaspoon onion juice, one teaspoon salt and one teaspoon powdered sugar. Put remainder of tomato pulp through strainer, and add to mixture one cup celery cut fine and one-half green pepper cut fine.

MRS. J. C. ANGUS, Andover

### GRAPE-NUTS SALAD

1 cup grape-nuts  
1 sliced orange

$\frac{1}{2}$  cup pineapple cut in cubes  
2 bananas cut in cubes  
2 teaspoons lemon juice

Cut up fruit, add lemon juice. Mix with grape-nuts, using fork. Serve on lettuce with cream dressing. Makes four to six portions.

MRS. P. D. NASH

### MOULDED FRUIT SALAD

1 can shredded pineapple	1 cup sugar
1 cup orange juice	1 cup water
1 box gelatine, soaked in cold water	3 lemons

Put fruit juices with sugar on to boil hard. Pour over gelatine, adding fruit and place in mould. Pineapple juice will not congeal unless added to gelatine *hot*.

MRS. FLORENCE CAME, Bristol, Tenn.

### GRAPEFRUIT SALAD

1½ cups sugar	3 lemons
	3 grapefruit

Dissolve one ounce package gelatine in cold water. Add one pint cold water to this when thoroughly dissolved. Add sugar, lemons, grapefruit juice and pulp; beat well. Pour into large or individual moulds (cups) and serve on lettuce with mayonnaise or cream dressing or whipped cream.

A. B. HOWE, Marshalltown, Iowa

### PERFECTION SALAD

2 tablespoons sparkling gelatine	1 cup shredded cabbage
½ cup cold water	Juice of one lemon
2 cups boiling water	Small grated onion
½ cup mild vinegar	½ cup sugar
1 teaspoon salt	2 cups chopped celery
¼ can pimentos cut fine	

Soak gelatine in cold water five minutes. Add boiling water, lemon juice, vinegar, salt. Strain when begins to set, adding other ingredients. Turn into moulds, chill until ready to serve.

MRS. REILLY, Ormond, Fla.

### BUTTERFLY SALAD

Remove skin and white membrane from grapefruit and oranges; cut in uniform slices. Place on shredded lettuce two half slices pineapple, curve to curve. On these place two pieces grapefruit, and on top of grape fruit place two slices orange. Place strip of green pepper down the center for body; cream cheese ball for head, two very small strips pepper coming out of head. Serve with French Fruit Dressing.

MISS AUSTIN

**FRUIT SALAD**

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 envelope gelatine            | 2 tablespoons lemon juice      |
| $\frac{1}{2}$ cup cold water   | $\frac{1}{2}$ cup sugar        |
| 2 cups boiling water           | 1 teaspoon salt                |
| $\frac{1}{2}$ cup mild vinegar | 3 cups fresh fruit of any sort |
- Maraschino cherries

Pour into individual moulds and serve on lettuce with Mayonnaise thinned with whipped cream. MRS. HOWARD FOSTER

**FRUIT SALAD**

- |                        |                                       |
|------------------------|---------------------------------------|
| 1 head lettuce         | $\frac{1}{4}$ lb. white grapes cut in |
| 2 oranges chopped fine | halves, seeded                        |
| 3 slices pineapple cut | 2 bananas sliced                      |
- 1 small package figs washed, stems removed, cut fine

Pour pineapple juice over fruit. Sprinkle sugar over all; then scatter chopped walnuts over. Place on lettuce leaves, add few candied cherries and whipped cream on top.

MRS. BELLE McCAUSLAND

**CHEESE AND PEPPER SALAD**

Remove seeds from two sweet green peppers. Wash inside and out and invert on dry cloth to dry. Fill centers with pimento cheese mixed with a little Mayonnaise. Slice in rings one-half inch in thickness, using a very sharp knife. Arrange on crisp inner lettuce leaves and serve with Mayonnaise.

MRS. DINSMORE

**CHEESE SALAD BISCUIT**

- |                           |                         |
|---------------------------|-------------------------|
| 2 cups flour              | 1 cup grated cheese     |
| 4 teaspoons baking powder | 1 tablespoon shortening |
| 1 teaspoon salt           | Milk to moisten.        |

Mix and sift dry ingredients. Add cheese. Work in shortening with a fork; add milk to moisten to a dough. Turn on floured board, pat and roll to one-half inch thickness. Cut like biscuit, small size. Bake in hot oven twelve minutes.

MRS. DINSMORE

**FROZEN FRUIT SALAD**

- |   |                                   |
|---|-----------------------------------|
| Melt 1 tablespoon butter                    | 1 teaspoon salt                   |
| Add slowly yolks 2 eggs well beaten         | $\frac{1}{3}$ teaspoon paprika    |
| $3\frac{1}{2}$ tablespoons flour mixed with | Few grains cayenne                |
| 3 tablespoons sugar                         | Add slowly $\frac{2}{3}$ cup milk |
| $\frac{1}{3}$ cup vinegar                   |                                   |



Cook over boiling water until it thickens. Remove from boiler, beat hard for two minutes. Cool, and when cool add one cup prepared fruit, oranges, pineapple, etc., cut in small pieces. Add one-half cup cream to mixture. Place in mould, stand two hours; serve on lettuce with Cream Dressing. MISS AUSTIN

### TOMATO JELLY

- |                |                                |
|----------------|--------------------------------|
| 1 can tomatoes | A few celery tops              |
| 1 slice onion  | 1 teaspoon salt                |
| 2 bay leaves   | $\frac{1}{2}$ teaspoon paprika |

Put all together, bringing to a boil. Add three-quarters box of gelatine which has been soaked one hour in one-half cup cold water. Add juice of half a lemon and strain. Pour into cups or moulds. Serve on lettuce with cream dressing or Mayonnaise.

MRS. W. H. LEE

### FRUIT SALAD

- |  |                           |
|--|---------------------------|
| 3 apples   | 2 heads lettuce           |
| 3 oranges  | 1 pt. salad dressing made |
| 3 bananas  | with oil                  |
| $\frac{1}{2}$ pt. cream whipped, added to dressing |                           |

Arrange fruit on lettuce, pour over dressing and put preserved cherry on top.

M. A. KENNEDY

### SALMON SALAD

One can salmon freed from skin and bones, then flaked and placed on lettuce leaves in usual way.

- |                                   |                             |
|-----------------------------------|-----------------------------|
| $\frac{1}{2}$ cup vinegar (scant) | 2 eggs well beaten          |
| Dessert spoon olive oil           | 1 teaspoon mustard          |
| Pinch of salt, cayenne pepper     | 2 teaspoons sugar           |
| Pour this over salmon             | Little salt, bit of cayenne |

Juice of 1 lemon, 3 tablespoons olive oil

Beat well and add  $\frac{2}{3}$  cup milk, beat again, adding  $\frac{1}{2}$  cup vinegar. Cook in double boiler until it thickens, stirring constantly to prevent separating. Cool to serve.

MRS. J. M. CLANCY

### SOLE SALAD

Have a thick, medium-sized flounder filleted and when ready, put it on to boil in cold water, to which the juice of one-half a lemon and of one small onion is added. Boil the fish ten or twelve minutes, lift with a skimmer from water and cool. When cold, flake the fish, add a peeled, seeded and finely minced red

pepper (pimento may answer); one cup finely minced celery, one tablespoon washed capers, saltspoon paprika. Add enough Mayonnaise to moisten the salad and serve on lettuce hearts, garnished with stuffed olives.

### GINGER ALE SALAD

Pour one-half cup boiling water over one package lemon jello and set over hot water until thoroughly dissolved, stirring constantly. Cook and add one and one-half cups ginger-ale. Set in cold place until it begins to thicken, then stir in one-quarter cup finely cut nut meats, one-quarter cup finely cut celery, one cup finely cut assorted fruits, — oranges, cherries, pineapple, grapes; one tablespoon finely cut crystallized ginger.

MRS. MABEL E. HAINES

### SALAD COMBINATIONS

Equal quantities of chopped or sliced cabbage, celery and apple with little red peel left on, mixed with ground roasted peanuts and salad dressing.

Cabbage chopped with pineapple and its juice, pimentos.

Pineapple, grapefruit, apricot served with Fruit Salad Dressing.

Cabbage, raisins and pineapple.

Apples, dates, chopped walnuts or pecans.

Prunes washed, well soaked and stoned. Stuff with nuts.

### PUFFED CRACKERS TO USE WITH SALADS

Use Boston crackers halved. Let crackers lie in cold water for five minutes. Handle carefully to avoid breaking. Remove from water. Place on a greased baking pan, putting bits of butter on each cracker and place in very hot oven until crisp and fluffy.

M. A. NICHOLS, Salem

### SALMON SALAD

1 can salmon

6 eggs

2 cups shredded cabbage

Celery

1 cup chopped gherkins

Salt, pepper, vinegar

Remove bones and skin from one can salmon. Add two cups shredded cabbage, one cup chopped gherkins and six sliced hard cooked eggs. Season with celery, salt, pepper and mild vinegar, or salad dressing. Serve on lettuce leaves.

MRS. A. K. BARROWS, Lowell

**SALAD DRESSING****FRUIT SALAD DRESSING**

$\frac{1}{2}$ cup pineapple juice	1 cup sugar
$\frac{1}{4}$ cup orange juice	2 tablespoons flour
$\frac{1}{4}$ cup lemon juice	2 eggs
Whipped cream to thin	Pinch salt

Mix juices with two-thirds cup sugar and put in double boiler to heat. Mix remainder of sugar with flour, salt and eggs. Pour into juices and boil until thick. Keeps indefinitely. When using, add whipped cream to thin as necessary.

MRS. J. W. JORDAN

**SALAD DRESSING**

Scald one cup milk and then pour it over:

1 teaspoon mustard	3 tablespoons sugar
1 teaspoon salt	1 rounded dessert spoon corn-starch

Two eggs separated and into yolks beat dry mixture before hot milk is added, then return all to double boiler, and when red hot add piece of butter, one-half cup hot vinegar, beating well with egg beater. Remove from fire and beat in whites of eggs.

MISS JENNIE F. BLODGETT, Billerica

**FRUIT SALAD DRESSING**

4 well beaten eggs	1 heaping teaspoon salt
Melted butter size of an egg	1 heaping teaspoon mustard
1 can Standard or Rose milk	Mix above ingredients with a little from 1 cup vinegar

Beat this twenty minutes with egg-beater perfectly in periods of five minutes each, beating, letting stand between times. No cooking. Mixture may seem thin, but set away in fruit jars in refrigerator; it will thicken.

MRS. CARRIE YOUNG

**AUNT MARY'S SALAD DRESSING**

1 cup butter creamed very lightly	1 teaspoon salt
In separate bowl stir smoothly	To this add slowly, beating constantly, 1 cup olive oil
Yolks 4 eggs	$\frac{1}{2}$ cup lemon juice and vinegar (or all lemon juice)
1 tablespoon prepared mustard	

This dressing is thick enough to cut with a knife. It can be poured into a quart jar, more oil worked in until jar is filled, and will keep indefinitely.

MRS. GEORGE W. FOSTER



**MAYONNAISE DRESSING**

- |                                |                      |
|--------------------------------|----------------------|
| $\frac{1}{2}$ teaspoon mustard | 1 whole egg          |
| 1 teaspoon sugar               | 1 tablespoon vinegar |
| $\frac{1}{4}$ teaspoon salt    | Bit of cayenne       |

Beat egg in bowl, add the first three ingredients mixed, stirring or beating with egg-beater. Add oil, drop by drop at first until it begins to thicken, then pour in small stream, beating constantly until thick enough. Add vinegar, finally cayenne. It is well to have one beat while another adds oil.

MRS. CHARLES W. FRENCH

**FRENCH FRUIT DRESSING**

- |  |                                      |
|--|--------------------------------------|
| 4 tablespoons olive oil                  | $\frac{1}{2}$ teaspoon salt          |
| 2 tablespoons lemon juice                | $\frac{1}{8}$ teaspoon black pepper, |
| 1 tablespoon each chopped, candied fruit | paprika                              |

Mix all in glass jar and shake well.

MISS AUSTIN

**THOUSAND ISLAND DRESSING**

- |                                    |  |
|------------------------------------|--|
| 1 cup Mayonnaise or cream dressing | 1 tablespoon chopped onion                           |
| 2 tablespoons chili sauce          | 1 tablespoon chopped pepper (sweet green or pimento) |

**GOLDEN SALAD DRESSING**

For Fruit Salad

- |                                |                                  |
|--------------------------------|----------------------------------|
| $\frac{1}{4}$ cup orange juice | Beat $\frac{1}{2}$ cup sugar and |
| $\frac{1}{4}$ cup pineapple    | 2 eggs together                  |
| $\frac{1}{4}$ cup lemon juice  |                                  |

Add to hot fruit juices in double boiler, and stir until it thickens. Before serving add jar of whipped cream.

MRS. L. S. BURGESS, Brockton

**SALAD DRESSING WITHOUT OIL**

- |                     |                               |
|---------------------|-------------------------------|
| 2 eggs well beaten  | 3 tablespoons sugar           |
| 1 teaspoon salt     | 3 tablespoons vinegar (scant) |
| 2 teaspoons mustard | 6 tablespoons milk            |

Mix dry ingredients together. Stir into well beaten eggs. Add vinegar, then milk. Mix thoroughly; add butter size of walnut, just before taking from fire.

MRS. KARL GREEN

**SALAD DRESSING**

- |                     |                           |
|---------------------|---------------------------|
| 1 tablespoon flour  | 1 teaspoon dry mustard    |
| 3 tablespoons sugar | 1 egg well beaten         |
| 1 teaspoon salt     | 1 cup milk                |
|                     | $\frac{1}{2}$ cup vinegar |

Mix dry ingredients, add egg and milk, stir well. Add vinegar slowly. Cook in double boiler until of right thickness; take from fire, add small piece of butter and beat well.

MRS. SAMUEL CROWN

### EASY MAYONNAISE

Put in a quart bowl the yolks of	1 level teaspoon sugar
2 eggs unbroken	2 tablespoons lemon juice
2 level teaspoons salt	1 tablespoon vinegar
1 level teaspoon mustard	Dash of cayenne
$\frac{1}{2}$ pint olive oil	

Do not stir. Make a white sauce of two rounding tablespoons butter, two rounding tablespoons flour, one cup boiling water. Melt the butter, add the flour and blend well. Pour over flour mixture cup boiling water and stir until smooth. Take hot sauce and pour at once into ingredients in quart bowl. Beat until smooth with a Dover egg-beater.

ALICE KING

### SALAD DRESSING

Make a white sauce from	Beat together
1 tablespoon butter	1 egg
1 tablespoon flour	$\frac{1}{2}$ teaspoon mustard
1 cup milk	$\frac{1}{2}$ cup vinegar
2 tablespoons sugar	$\frac{1}{2}$ teaspoon salt

Add to first mixture. Cook until creamy.

MRS. BAILEY

### BOILED SALAD DRESSING

3 eggs well beaten	$\frac{1}{2}$ teaspoon black pepper
1 cup vinegar	$\frac{1}{2}$ teaspoon salt
6 heaping teaspoons sugar	3 teaspoons butter
1 level teaspoon mustard	6 teaspoons milk or cream

Cook in double boiler, stirring often until it thickens.

MRS. ADA L. RANDALL, Daytona, Fla.

### FRUIT SALAD DRESSING

$\frac{1}{2}$ cup canned pineapple syrup	1 cup sugar
$\frac{1}{2}$ cup lemon juice	2 eggs beaten
1 teaspoon cornstarch	$\frac{1}{2}$ pint cream whipped

Cook syrup, lemon juice, cornstarch, sugar and eggs in double boiler until thick. Cool. Add cream to mixture just before serving.

GRACE F. JOHNSON

## BREAD

Back of the loaf is the snowy flour,  
And back of the flour the mill;  
And back of the mill is the wheat, and the shower,  
And the sun, and the Father's will.

—*Maltbie D. Babcock*

BREADS: Use bread flour, not pastry flour, of some well-known brand. If you wish to test flour, take up a handful and close the fingers tightly over it. If it remains in a lump and shows the print of the fingers, it is pastry flour. Bread flour is very dry, loose and powdery. It will not keep in shape. Do not raise dough in too hot a temperature, neither allow it to set where cold air will strike it; about seventy-five degrees is right. Bake loaves forty-five to sixty minutes with coal, reducing the heat after first half hour: with gas a shorter time. If it gives a hollow sound when tapped with the fingers, and will not "sing" it is baked. Loaves made from rye, corn meal or any of the coarse flours, should be baked in deep tins as the dough is not so elastic as that of wheat flour and may push over the edges of a low tin. Coarse breads should be baked more slowly after the crust has formed, but should be placed at first in a hot oven. When such breads are done, wrap at once in a thick cloth to steam the crust, or place so air may circulate on all sides of it. The proportions for one medium sized loaf of white bread are:—

1 cup liquid (scalded milk or water)  
2 teaspoons sugar, 1 teaspoon salt  
2 tablespoons lard  
 $\frac{1}{4}$  yeast cake in 2 tablespoons warm water  
6 cups flour or a little more

Use greased pans about nine by four inches. When the loaf rises to twice the size, it is ready for the oven. The oven should be tested with a piece of white paper, which should turn golden brown in five minutes. If baking with coal, have enough fuel in the stove when the bread is put into the oven to avoid replenishing the fire until the bread is removed.

### WHITE BREAD

(For rising over night)

1 cake Fleischmann's yeast	2 tablespoons lard or melted
2 quarts liquid (milk and water)	butter
6 quarts sifted flour	2 tablespoons salt
	2 tablespoons sugar



Dissolve yeast and sugar in the water which should be lukewarm, add the two tablespoons melted lard or butter and half the flour. Beat until smooth, then add balance of flour or enough to make a firm dough, and lastly the salt. Knead until smooth and elastic. Set aside to rise over night in warm room. In the morning mould into loaves. Fill well greased pans half full, cover and let rise until light or until the loaves have doubled in bulk.

Bake in gas oven with full heat on for ten minutes, then lower gas one-half and bake thirty minutes more. This will make six large loaves.

The recipe can be divided very easily by taking just half of the ingredients called for as well as half the yeast cake. The half yeast cake you have left over can be kept in good condition for several days by re-wrapping in tinfoil and keeping in a cool, dry place.

MRS. J. T. GALE

### RYE DROP CAKES

1 egg	Salt, nutmeg
1 cup sugar	1 cup flour with 1 teaspoon
1½ cups sour milk	soda and 1 teaspoon baking
	powder sifted together

Rye flour to make right consistency to drop from spoon into hot fat like doughnuts. Very nice for breakfast with maple syrup or jelly.

MRS. E. W. BAILEY, North Tewksbury

### SQUASH MUFFINS

1 cup boiled squash, sifted	1 cup milk
⅓ cup sugar	1 egg, well beaten
2 tablespoons butter, melted	2 cups flour, salt
1 teaspoon soda	2 teaspoons cream of tartar

Bake in gem pans. MRS. A. H. RICHARDSON, Lowell

### RAISIN BREAD

2 cups flour	2 heaping teaspoons baking
½ cup sugar	powder
	Salt

Sift these together. Mix together one well-beaten egg, one cup milk, stir into dry ingredients, then add one-half cup small seedless raisins. Put in loaf pan, let rise twenty minutes. Bake one hour in moderate oven.

G. E. B.

### BRAN BISCUIT

Mix and sift together one cup flour, four teaspoons baking powder, one teaspoon salt. Add one cup bran. Stir in three-

quarters cup milk, 2 tablespoons melted butter or shortening. (May use one-half cup sour milk with one teaspoon soda.)

AMY TINGLEY

### RYE BREAD

2 cups milk	2 cups boiling water
$\frac{2}{3}$ cup molasses	1 teaspoon salt
6 cups white flour	6 cups rye flour
1 tablespoon lard	1 yeast cake dissolved in
	$\frac{1}{2}$ cup lukewarm water

Put molasses in bread pan, add boiling water with lard, milk, flour, salt, yeast. Beat all together well, raise over night, put in bread pans in morning to rise and bake.

MRS. C. R. TALBOT, Brookline

### FRIED BREAD

Roll bread dough very thin, cut into squares or strips and fry in hot lard like doughnuts. Eat hot with maple syrup. Nice for breakfast.

### HOT CROSS BUNS

1 cup scalded milk	$\frac{1}{4}$ cup sugar
2 tablespoons lard	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ yeast cake dissolved in little water	3 cups bread flour
1 beaten egg	$\frac{1}{4}$ cup currants
	$\frac{1}{2}$ teaspoon cinnamon

Mix in morning if needed for supper. Shape into large biscuit, place in pan one inch apart, brush over with a little milk. Bake twenty minutes, cool, make a cross on top of each bun, using white frosting.

MRS. F. E. STEVENS, Newburyport

### SALLY LUNN

2 cups flour	$\frac{3}{4}$ cup milk
1 tablespoon butter or lard	1 egg
$\frac{1}{2}$ yeast cake	2 tablespoons sugar

Mix flour and milk, add yeast cake dissolved in a little water, then add melted butter and beaten egg. When raised beat well. Bake three-quarters of an hour, slowly.

MRS. ANNA E. HAMMETT, Newport, R. I.

### SHREDDED WHEAT BREAD

2 shredded wheat biscuit	1 tablespoon salt
2 cups corn-flakes	$\frac{1}{2}$ cup molasses
Pour over 1 qt. boiling water	$\frac{1}{2}$ cup sugar
	1 tablespoon lard

Let stand until lukewarm. Add one dissolved yeastcake, three quarts flour. Mix quite stiff.

JENNIE F. BLODGETT, BILLERICA

### GRAPE-NUTS BREAD

1 cup grape-nuts	2 cups milk
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup sugar
1 egg	3 cups flour
4 teaspoons baking powder	

Heat one cup of the milk and pour over the grape-nuts. Let stand a few minutes. Beat egg and add with the other ingredients. Let rise in pan twenty minutes. Bake forty-five minutes or more in moderate oven.

MABEL E. HARRIS, Belmont

### NUT BREAD

2 cups flour	1 egg white beaten stiff
4 tablespoons sugar	2 heaping teaspoons baking powder, $\frac{1}{2}$ teaspoon salt
1 cup chopped walnut meats	
1 cup milk	

Mix in order given, let rise one-half hour or more and bake in rather slow oven three-quarters to one hour.

MRS. FRED L. ROPER

### PLUM BROWN BREAD

1 cup rye meal	A little salt
2 cups flour	1 cup Indian meal
1 cup raisins	1 cup molasses
1 teaspoon soda	

Mix with sour milk or water. Steam three and one-half hours.

M. A. KENNEDY

### BERRY MUFFINS

$\frac{1}{4}$ cup butter	1 cup berries
1 egg	1 cup milk
4 teaspoon baking powder sifted in	$\frac{1}{2}$ teaspoon salt
$2\frac{2}{3}$ cups flour	$\frac{1}{3}$ cup sugar

Cream butter, add gradually sugar and egg well-beaten; mix and sift flour, baking powder and salt, reserving one-quarter cup flour to be mixed with the berries and added last. The remainder of the flour add alternately with milk.

MRS. A. F. FRENCH, Lowell



## PLAIN MUFFINS

6 cups flour	3 tablespoons lard
2 teaspoons salt	4 tablespoons sugar
5 teaspoons baking powder	2 well beaten eggs
2 cups milk	

Makes twenty-four muffins.

ISA McCULLEY, Cook at Y. W. C. A., Haverhill

## WALNUT BREAD

2 cups bread flour	$\frac{1}{4}$ cup sugar
2 teaspoons baking powder	1 teaspoon salt
$\frac{7}{8}$ cup milk	1 egg
$\frac{1}{2}$ cup chopped walnuts	

When mixed let stand one-half hour before baking.

MRS. J. C. ANGUS

MRS. SMART, Andover

## QUICK RYE BREAD

1 cup sour milk	2 cups rye or Graham
1 cup sweet milk	1 cup white flour
$\frac{1}{2}$ cup sugar	1 teaspoon soda in the sour
$\frac{1}{2}$ teaspoon salt	milk
Bake one hour.	GERTRUDE E. BAILEY

## SCONES

2 cups flour	3 teaspoons baking powder
1 teaspoon salt	

Sift these twice and rub in two tablespoons shortening. Beat two eggs very light and add one-third cup milk. Mix. Roll one-half inch thick and cut three inches square; fold in triangles. Brush with milk, sprinkle with sugar. Bake twenty-five minutes.

MRS. HOWARD FOSTER

## GOLDEN CORN CAKE

$\frac{3}{4}$ cup corn meal	$\frac{1}{4}$ cup sugar
$1\frac{1}{4}$ level cups flour	1 tablespoon melted butter
3 teaspoons baking powder	1 egg well beaten
Pinch of salt	1 cup milk

Sift together the dry ingredients, add milk, the well beaten egg and shortening. Bake in shallow greased pan in hot oven twenty minutes.

MRS. HAROLD J. PATTEN

**CORN MUFFINS**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 egg                       | 2 tablespoons granulated    |
| $\frac{1}{2}$ cup corn meal | sugar                       |
| 1 cup flour                 | 1 cup sweet milk            |
| 1 teaspoon baking powder    | 2 tablespoons melted butter |
| A little salt               |                             |

MARTHA B. FRENCH

**PARKER HOUSE ROLLS**

- |                     |                              |
|---------------------|------------------------------|
| 2 cups scalded milk | 4 tablespoons butter         |
| 1 teaspoon salt     | 1 yeast cake dissolved in    |
| 1 tablespoon sugar  | 2 tablespoons lukewarm water |
| 6 cups bread flour  |                              |

Put salt, sugar and butter in scalded milk; when lukewarm add dissolved yeast cake and four cups flour. Beat thoroughly, add two more cups flour, turn out on moulding board and knead until smooth and elastic. Return to bowl, and set in a warm place to rise. Cut down and let rise again. Turn out on board, and cut with a large biscuit cutter, fold over, putting a small piece of butter in between, let rise until light, bake about one-half hour. For large family, double the amount.

MRS. PHILIP M. BATTLES

**NUT BREAD**

- |                     |                                |
|---------------------|--------------------------------|
| 2 cups flour        | $\frac{1}{2}$ cup walnut meats |
| 2 cups Graham flour | $\frac{1}{2}$ cup raisins      |
| 1 cup molasses      | 1 teaspoon salt                |
| 2 cups milk         | 1 teaspoon soda dissolved in   |
|                     | the molasses                   |

Mix in the order given, and pour into greased bread pan. Bake in slow oven one hour.

MRS. ELLEN SPEKE

**CORN BREAD**

- |                             |                            |
|-----------------------------|----------------------------|
| $\frac{1}{2}$ cup meal      | 3 tablespoons sugar        |
| 1 egg                       | Pinch of salt              |
| 1 cup milk                  | 2 heaping teaspoons baking |
| $1\frac{1}{4}$ cups flour   | powder                     |
| 2 tablespoons melted butter |                            |

MRS. JAMES E. CHAMBERS

**PREPARED FLOUR FOR GRAHAM GEMS**

Sift together two cups flour, three teaspoons salt, one and one-half teaspoons saleratus. Add two cups Pillsbury's Graham flour.

Mix thoroughly. Prepare as much as desired. Keep in covered pail.

For Six Gems:

1 $\frac{1}{3}$ cups of the prepared flour	1 tablespoon brown sugar
2 tablespoons molasses	1 tablespoon shortening
1 cup milk, slightly sour preferred	

MRS. ELMA J. ROGERS

### ENGLISH ROCK BUNS

3 cups sifted flour	1 cup sugar
Pinch of salt	2 tablespoons shortening
2 teaspoons baking powder	$\frac{1}{2}$ piece lemon peel cut thin
$\frac{1}{2}$ teaspoon lemon or vanilla extract	1 cup milk
1 cup seedless raisins	

Crumble flour, sugar and shortening together first. Drop dough from spoon on pans, bake 20 minutes in quick oven. This makes about two dozen.

MRS. ROBERT BARRON

### OATMEAL BREAD

Pour one quart boiling water over two cups rolled oats. When nearly cold add one tablespoon lard, two-thirds cup molasses, one tablespoon salt, one tablespoon sugar, one yeastcake dissolved in a little warm water, and enough white flour to make quite stiff. Mix with a spoon. Raise over night. Bake in usual way.

MRS. JOHN DUPEE

MRS. IRVING R. SHAW, Ballardvale

### RAISIN AND NUT BREAD

4 cups flour — all white	or	2 white and 2 graham
6 teaspoons baking powder		1 teaspoon salt
$\frac{3}{4}$ cup sugar		1 cup seeded raisins
1 cup broken walnut meats		1 beaten egg
2 cups milk		

Raise for one-half hour. Bake about forty minutes.

MARGUERITE LEE GOODWIN

### BAKING POWDER BISCUIT

1 quart flour	4 tablespoons lard
4 teaspoons baking powder	Wet with sweet milk

Roll, cut with small cutter, and bake in hot oven about twenty minutes till golden brown.

### POPOVERS

1 $\frac{1}{2}$ cups sifted flour	3 eggs
1 $\frac{1}{2}$ cups milk	Pinch of salt



Beat eggs together until light add one cup milk, then all the flour, beat till very smooth with Dover egg beater, then add the other half cup milk and beat well again. Have very hot gem pans, fill them half full and bake in hot oven forty minutes. Adding the half cup of milk last is what makes them light.

MISS EMELINE S. BURLEIGH, Newport, R. I.

### NUT BREAD

3½ cups entire wheat flour	2 cups sour milk
1½ teaspoons soda	½ cup molasses
½ cup raisins	1½ teaspoons salt
½ cup chopped nuts	

Sift and mix dry ingredients, add nuts and raisins, beat in molasses and milk, bake in the usual way. INEZ BEAL, Lowell

### BROWN BREAD

Put in sieve 1 cup flour	1 cup rye flour
2 cups Indian Meal	1 rounding teaspoon soda
1 teaspoon salt	and sift.

Add 1 cup molasses, 2½ cups milk (or milk and water). Steam 3 hours.

If a smaller amount is made, steam the same length of time.

MRS. JESSE FRENCH

### TOAST

Please do not make it according to the little boy's definition: "Something you burn on the stove and scrape at the sink", but turn it often until delicately browned on both sides.

### MRS. CAMERON'S NUT BREAD

2 cups white flour	2 cups sweet milk
1½ cups graham flour	½ cup brown sugar
½ cup molasses	1 cup walnuts, chopped
1 teaspoon salt	1 teaspoon soda

Bake in loaf 1 hour.

DOROTHY P. ROPER

### PEANUT BUTTER BREAD

1 cup milk	2 cups flour
1 cup peanut butter	½ cup sugar
1 egg	5 teaspoons baking powder
1 teaspoon salt	

Blend milk and peanut butter together. Add well beaten egg. Add dry ingredients sifted together. Pour into oiled bread pan. Set in warm place to rise 20 minutes. Bake forty minutes in slow oven.

MISS ANNIE PENNIMAN, Andover

## SANDWICH FILLINGS

1. Orange marmalade sprinkled with cocoanut.
2. Mashed sardines, hard boiled eggs and salad dressing.
3. Peanut butter creamed with a little water and mixed with tomato ketchup.
4. One-half cup each of cream, dates, walnuts.
5. Equal parts cheese and finely cut celery moistened with salad dressing, seasoned with salt and paprika and a little scraped onion.
6. Ground cheese and sweet cucumber pickles moistened with mayonnaise.
7. Mashed banana with two tablespoons cocoa worked in, and mixed with salad dressing.
8. One-half cup finely minced ham, 2 yolks of hard boiled eggs, 1 teaspoon lemon juice, 1 teaspoon butter melted.
9. Softened marshmallows with chopped nut meats.
10. Chopped dates mixed with orange juice. Add a pinch of cinnamon.
11. Olives, walnuts, finely chopped ham.
12. Cream cheese, finely chopped hard boiled eggs, salt, pepper, mustard, mayonnaise.
13. Ham or any meat, hard boiled eggs, celery, nut meats, cheese, salad dressing.
14. Peas, pickles, peanuts, salad dressing.
15. Minced sardines and cream cheese between brown or graham bread.
16. Chopped prunes, walnut meats, olives, between graham bread.
17. Thin slices of white bread spread with cream cheese, on top of this a thin slice of brown bread spread with chopped pickles and mayonnaise, then put on another slice of white bread.
18. Very fine chopped peanuts mixed with salad dressing.
19. One-half cup dates, one-fourth cup raisins, 2 tablespoons citron, 2 tablespoons preserved ginger, one-fourth cup nut meats, orange juice.
20. Ripe olives, pecan meats, pimento, mayonnaise.
21. Flaked crabmeat, mayonnaise, lettuce and slices of tomato.
22. Chopped preserved ginger moistened with cream.

## BROWN BREAD

- |                      |                 |
|----------------------|-----------------|
| 1½ cups graham flour | ½ cup molasses  |
| ½ cup wheat flour    | 1 teaspoon salt |
| ½ cup corn meal      | 1 teaspoon soda |
| 1⅔ cups sweet milk   | 1 cup raisins   |

Dissolve soda in milk. Mix dry ingredients and sift. Add molasses and milk. Stir until well mixed. Turn into buttered moulds and steam two hours.

MRS. F. D. CORR

### RHODE ISLAND JOHNNY CAKE

1 $\frac{3}{4}$ cups white corn meal	1 level teaspoon salt
1 cup flour	2 level teaspoons sugar

Stir together and add as much boiling water as is necessary to thoroughly scald the mixture. Add one cup milk, one teaspoon soda. Saute to a crisp brown (drop spoonful in frying pan) using plenty of fat.

MRS. J. W. NICHOLS, Hathorne

### BAKING POWDER

2 $\frac{1}{4}$ lbs. cream of tartar	1 lb. baking soda
1 $\frac{1}{4}$ lbs. flour	

Sift six or eight times together and keep in tin boxes. This makes 4 $\frac{1}{2}$  lbs. baking powder and costs about half as much as that bought at the store.

MRS. E. H. FRENCH

### DATE AND NUT BREAD

Sift together	1 teaspoon salt
1 cup Graham flour	Add
1 cup white flour	1 cup milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup nuts
3 teaspoons baking powder	$\frac{1}{2}$ cup dates

Bake in greased pan thirty-five minutes.

MRS. COGAN, Stoneham

### GRAHAM BREAD

1 $\frac{1}{2}$ cups Graham flour	1 $\frac{3}{4}$ cups sour milk
1 $\frac{1}{2}$ cups white pastry flour	1 teaspoon soda
$\frac{1}{2}$ cup molasses	A little salt

Bake as soon as mixed.

MRS. WM. H. LEE

### MUFFINS

1 egg	2 tablespoons sugar
1 cup sweet milk	1 $\frac{1}{2}$ cups flour
1 tablespoon melted butter	1 heaping teaspoon baking powder

Sift all dry materials together, add melted butter and milk and beat well.

MRS. E. H. BENNETT



**JOHNNY CAKE**

1 cup flour	Saltspoon of salt
$\frac{1}{2}$ cup corn meal	$\frac{1}{4}$ cup sugar
2 teaspoons baking powder	1 egg
1 cup milk	

Mix dry ingredients, add the liquid. Bake twenty minutes in hot oven.

MARY AGNES CORR

**NUT BREAD**

$2\frac{1}{2}$ cups flour	2 heaping teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 egg
1 teaspoon salt	1 cup nut meats
1 cup milk	

Mix all the dry ingredients, beat egg and milk, sift the dry ingredients in, add the chopped nut meats. Bake one hour.

MISS FIFIELD, Janesville, Wis.

MRS. HOWARD FOSTER

**NEVER FAIL JOHNNY CAKE**

1 cup bread flour after sifting	$\frac{1}{2}$ teaspoon soda dissolved in a little hot water
1 cup corn meal	1 teaspoon baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon salt
1 cup sour or buttermilk	1 egg
2 tablespoons dripping	

Before putting cake together, put an iron spider on the stove to heat, add one teaspoon grease to grease the spider. Then proceed with the cake making. Add salt and baking powder to sugar, flour and corn meal, sift into bowl; add milk and dripping, then egg and soda and beat until smooth. Put into spider and bake twenty minutes in moderate oven. By using spider, from ten to twelve minutes are saved in the baking.

MRS. JAMES FAIRGRIEVE

**CHEESE DROP BISCUIT**

1 level cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup water	3 teaspoons baking powder
1 tablespoon butter or fat	8 level tablespoons grated cheese

Bake about twelve minutes.

MRS. JOSEPH W. JORDAN

**BROWN BREAD**

1 cup rye flour	2 cups Indian meal
1 cup molasses	2 teaspoons soda
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon salt

Sift all dry ingredients together, add molasses in which you have melted a mixing spoonful of shortening; add milk or water enough for a soft dough. Place in a five-pound pail set inside a ten-pound pail with plenty of boiling water, and bake three hours in the oven. —IN LOVING MEMORY OF MARIA T. DELANO

### DATE BREAD

- |                     |                           |
|---------------------|---------------------------|
| 1 cup brown sugar   | 2 cups flour              |
| 1 cup chopped nuts  | 1 teaspoon salt           |
| 1 cup chopped dates | 5 teaspoons baking powder |
| 2 cups Graham flour | 2 cups milk               |
| 1 egg               |                           |

Put sugar into mixing bowl, add nuts, dates, Graham flour, add white flour sifted with baking powder and salt, then beaten egg mixed with milk. Mix well and divide into two greased and floured loaf pans. Bake for one hour with moderate heat.

### GRIDDLE CAKES

- |                             |                  |
|-----------------------------|------------------|
| 1 cup cooked cream of wheat | 1 beaten egg     |
| 1 cup white flour           | 1 cup sweet milk |
| 1 teaspoon baking powder    | 1 teaspoon salt  |
| MRS. SUSAN FARMER           |                  |

### SCOTCH SCONES

- |                                   |                     |
|-----------------------------------|---------------------|
| 2 heaping cups flour              | 2 tablespoons sugar |
| 2 heaping teaspoons baking powder | 1 tablespoon butter |
| 1 teaspoon salt                   | 1 egg               |
| 1½ cups milk (or less)            |                     |

Mix same as biscuit dough and roll out small portion. Cut in quarters and "fry" on hot griddle that has been floured but *not* greased. Watch carefully and turn when underside has browned a bit. If they get browned too much, dust with flour after they are all done. (Do not use too much milk.)

RENA M. TRULL

### HEAVENLY BISCUIT

- |               |                             |
|---------------|-----------------------------|
| 1 egg         | 2 teaspoons cream of tartar |
| 1 cup milk    | 1 teaspoon soda             |
| 1⅔ cups flour | ⅓ cup melted butter         |

Mix in order given. Bake in iron gem pans.

MRS. D. L. PAGE, Lowell

**SWEDISH COFFEE BREAD**

1 egg	1 yeast cake dissolved in a
1 cup sugar	little cold water
1 pt. sweet milk	1 sifter of bread flour
$\frac{1}{2}$ pt. water	

12 cardamon seeds ground and added to egg and sugar

Add milk, water, yeast and flour, stirring well. Set in morning to bake late in afternoon.

MISS AUSTIN

**BUTTER SCOTCH BISCUIT**

2 cups bread flour	4 tablespoons butter
5 teaspoons baking powder	$\frac{7}{8}$ cup milk
$\frac{1}{2}$ teaspoon salt	

Sift dry ingredients, working in butter with finger tips. Add milk, stirring it in with knife. Roll thin, spread with one-third cup butter creamed with three-quarters cup brown sugar. Roll up like jelly roll; cut off pieces one inch thick. Bake in round greased muffin tins.

M. A. NICHOLS, Salem

**GERMAN BREAD**

Scald 1 cup milk	$\frac{1}{2}$ cup sugar
Add $\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt

When lukewarm add one-half yeast cake dissolved in one-quarter cup lukewarm milk, one egg well beaten, one-half cup raisins, flour to make stiff sponge.

MRS. C. STRECKWALD.

**CORN FLAKE MUFFINS**

1 egg	1 heaping cup corn flakes
$\frac{1}{4}$ cup sugar	3 teaspoons baking powder
1 cup milk	1 cup flour

Bake in hot oven twenty to twenty-five minutes.

MRS. L. E. SMALL

**SPIDER CORN CAKE**

$1\frac{3}{4}$ cups Indian meal	$\frac{1}{4}$ cup sugar
$\frac{1}{3}$ cup white flour	1 egg
1 teaspoon soda	2 cups sour milk
$\frac{1}{2}$ teaspoon salt	

Put two tablespoons shortening in hot spider, pour in the mixture, over this pour one cup sweet milk; do not stir, bake in hot oven.

MRS. EMELIA FROST

**SANDWICH FILLING**

1 snappy cheese	1 doz. stuffed olives
1 hard boiled egg	Salt and pepper to taste
4 pimentos	$\frac{1}{4}$ cup melted butter



Mash cheese and egg yolk, put egg white, olives and pimentos through chopper and add to cheese and egg yolks; mix well, then add melted butter, salt and pepper. MRS. FRED ROPER

### DIXIE BISCUIT

3 pints flour	Salt
2 tablespoons sugar	Lard size of egg
2 eggs	$\frac{1}{2}$ yeast cake dissolved in little water

Mix butter, sugar and eggs together, then the yeast cake, milk and flour. Start about 10.30 A.M., roll out about four P.M. and let rise. MRS. W. M. BENNETT, Medford Hillside

### PRIZE BREAD

(Four Loaves)

4 quarts flour	$1\frac{1}{3}$ qts. liquid (milk and water)
2 heaping tablespoons sugar	1 tablespoon lard
1 heaping tablespoon salt	1 yeast cake

Sift flour and salt into bread mixer. Dissolve sugar and yeast in a bowl. Then melt lard and add to the sugar and yeast. Add water to this and mix into flour. Mix until all separates from mixer, then wrap it up good and let it rise over night. In the morning if it has risen to double its size, it is ready to mould out. Flour the board and knead bread. MARION E. FOSTER

### SEA FOAM ROLLS

Pour one pint of scalding hot milk on one tablespoon butter, one tablespoon sugar and one teaspoon salt. Mix well. When cool add one-half yeast cake and three cups flour. Set to rise for three or four hours and add flour to knead. Raise again and knead dough again and roll out into thickness of one inch. Cut into biscuits. Roll each biscuit into an oblong shape. Brush with butter and fold over. Brush tops with butter. Let rise until very light. Bake in hot oven. MRS. EMMA ANDERSON, E. Lynn

### BREAD STICKS

1 cup scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ tablespoons sugar	1 egg white
$\frac{1}{2}$ teaspoon salt	$3\frac{3}{4}$ cups flour

Add butter, sugar and salt to milk, when lukewarm add dissolved yeast cake, white of egg well beaten, and flour. Knead,

let rise, shape, let rise again and start baking in a hot oven, reducing heat that strips may be crisp and dry.

To shape strips: first shape as small biscuits, roll on board (where there is no flour) with hands until eight inches in length, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of strips.

MRS. E. T. BOWEN, Laconia, N. H.

### DUMPLINGS I.

With every cup of flour use one heaping teaspoon baking powder, one-half teaspoon salt; use milk to stir as stiff as possible with strong spoon, having a little dust of flour that is not mixed in. Dip the spoon in the stew, then in dough, cutting off small pieces not larger than hen's egg, as they expand to twice their size; lay around on top of the stew, then draw the pan they are cooking in back on the stove so they will not burn, keeping just boiling slowly (this is the secret); leave the cover off until the dumplings are like puff balls, then put the cover over them until they are cooked. Allow about twenty minutes for cooking.

MRS. ROSCOE MILLETT

### DUMPLINGS II.

1 pint flour sifted with	Add
2 even teaspoons baking powder	2 eggs well beaten
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
2 even tablespoons butter (mix well)	

Drop in boiling broth, cover tight, boil ten minutes.

MRS. A. H. HOWE, Los Angeles

### BREAKFAST CAKE

1 beaten egg	2 teaspoons baking powder
Little salt	sifted with 1 cup flour
$\frac{1}{2}$ cup sugar	1 heaping tablespoon corn meal
1 cup milk	

MRS. FRANK W. SEARS, Brockton

### TIME TABLE FOR BAKING

Bread — white — loaf	45-60 minutes
Bread — Graham	35-45 minutes
Baking powder biscuit	12-15 minutes
Gems or muffins	25-30 minutes

## CAKE

“With weights and measures just and true,  
Oven of even heat;  
Well buttered tins and quiet nerves,  
Success will be complete.”

### FRUIT CAKE

$\frac{1}{2}$ lb. butter	1 teaspoon spices and nutmeg
$\frac{1}{2}$ lb. flour	2 lbs. raisins
$\frac{1}{2}$ lb. sugar	2 lbs. currants
5 eggs	$\frac{1}{2}$ lb. citron
$\frac{2}{3}$ cup molasses—fill cup with brandy	
Juice of 1 lemon and the grated rind	

MRS. C. H. BATTLES

(This recipe was used in the olden days for the Tewksbury girls' wedding cakes.)

### ROLL JELLY CAKE

4 eggs	1 teaspoon cream of tartar
1 cup sugar	$\frac{1}{2}$ teaspoon soda
1 cup flour	Pinch salt

This will make two cakes. Spread thin on long tins. As soon as baked turn from the tins, spread jelly over the cake and roll it up immediately. This will not break in rolling, if there is not too much flour. It will keep some time and is acknowledged by all who try it to be the best they ever saw.

MRS. JOEL BALDWIN

### COCOANUT CAKE

3 tablespoons butter	1 teaspoon orange extract
1 cup sugar	2 teaspoons baking powder
2 eggs separated	2 cups flour
1 cup milk	$\frac{1}{4}$ teaspoon salt
1 cup shredded cocoanut	

Beat butter and sugar until creamy; add yolks of eggs well beaten, milk, extract, flour sifted with baking powder and salt. Add cocoanut and the whites of eggs beaten to a stiff froth. Put into a buttered and floured cakepan and bake in a moderate oven for 30 minutes.

MRS. JAMES HEPBURN

### LAZY CAKE

$\frac{2}{3}$ cup butter, melted	$1\frac{1}{4}$ cups flour
1 cup sugar	2 teaspoons baking powder
2 eggs broken into cup melted butter	Pinch of salt
Fill balance of cup with milk	1 teaspoon vanilla



Put flour, salt, sugar and baking powder in bowl and pour eggs, butter, milk and vanilla over them and beat well.

MRS. HARRY PASHO, Billerica

### WORTH WHILE CAKE

Place sifter in mixing bowl, putting in

1 cup sugar	1 level teaspoon soda
1½ cups sifted flour	2 level teaspoons cream of tartar

Sift all these ingredients into bowl. Put into teacup whites of two eggs. Add enough melted butter to half fill the cup. Add milk to fill the cup. Add these to mixing bowl, with flavoring and beat five minutes. Another loaf or two layers can be made likewise with the yolks.

MRS. ROYAL STEVENS

### ECONOMY CAKE

1 cup light brown sugar	½ teaspoon soda dissolved in
½ cup sugar, scant	sour milk
1 egg (yolk only)	2½ cups flour
½ cup sour milk	1 cup chopped raisins, spice
	½ cup chopped walnuts

Make frosting of white of egg after using yolk. Bake in bread tin three-quarters of an hour.

MISS CATE, Danvers

### CUSHION CAKE

1 cup sugar	½ cup sweet milk
½ cup butter	⅔ teaspoon soda
2 eggs, well beaten	2 cups flour
	1 teaspoon cream of tartar

Divide the batter and in one half put two tablespoons molasses, one-fourth teaspoon clove, a little nutmeg and cinnamon, one cup raisins. Put dark in tin and bake twenty minutes. Remove carefully from oven, spread light part on top, beginning at outer edge of cake and work into the center, so it will not fall. Return to oven and bake twenty minutes longer.

MRS. E. H. KING

### ROYAL LOAF CAKE

1¼ cups sugar	2½ cups flour
½ cup butter	3 even teaspoons baking powder
4 eggs	1 teaspoon flavoring
¾ cup milk	

Icing: One cup granulated sugar and one-third cup water boiled to thread. Beat white of egg very light. Add two tea-

spoons of granulated sugar and whip another minute. Add boiling syrup and beat until ready to spread on cake.

MRS. ETHEL F. HALLETT

### FUDGE CAKE

Cream one cup of sugar and butter size of an egg. Add yolks, (unbeaten) of two eggs. Dissolve one level teaspoon of soda in one-half cup of milk and add to above one and one-fourth cups flour (no more) and beat; then take one-half cup cocoa or chocolate mixed with one-half cup milk and set on stove to heat. Add same to the above mixture while hot. Add vanilla and beat well.

MRS. C. STRECKWALD

### WELLESLEY FUDGE CAKE

1½ cups sugar	2½ cups pastry flour
½ cup butter	1 teaspoon cream of tartar
3 eggs	½ teaspoon soda
1 cup milk	Salt
½ cup walnuts	1½ squares chocolate

Separate eggs. Beat whites stiff and fold in last.

#### FROSTING

1½ cups confectioners' sugar	1½ tablespoons butter
½ square chocolate	¼ cup milk
Salt	½ teaspoon vanilla

Cook three minutes.

MRS. LARKIN CHANDLER

### SPONGE CAKE

4 eggs (beaten separately)	½ cup bread flour
1 cup sugar	1 teaspoon baking powder
½ cup potato flour	5 tablespoons water
Pinch salt	1 teaspoon vanilla and lemon

Bake in slow oven.

MRS. JOHN A. JOHNSON

### EGGLESS CAKE

1 cup sugar	1 cup raisins
½ cup butter	1 teaspoon soda
1 cup sour milk	1 teaspoon cinnamon
2 cups flour	½ teaspoon cloves
	½ teaspoon nutmeg

M. E. HARRIS, Belmont, Mass.

### SEAFOAM CAKE

Whites 10 eggs	1 rounding cup flour
1½ cups sugar	½ teaspoon cream of tartar
Lemon flavoring	mixed in flour

Beat whites to a stiff froth. Sift sugar in, then add flour in which cream of tartar has been mixed. Stir slightly, just enough to mix the flour. Bake one hour. When the sizzling sound ceases, the cake is done. MRS. H. J. DINSMORE, Westmoreland

### RIBBON CAKE

3 eggs	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	1 teaspoon cream of tartar
	$\frac{1}{2}$ teaspoon soda

Bake in three tins. After taking out two layers, add to remainder: 1 cup fruit, 2 tablespoons molasses, spices.

MRS. H. HOPKINS, Westmoreland, N. H.

### RIBBON CAKE

2 cups sugar	1 cup sweet milk
3 eggs	3 cups flour
$\frac{3}{4}$ cup butter	1 teaspoon soda

Add a little salt and flavor with essence of lemon or almond. Put half the above in two oblong pans. To the remainder add one tablespoon of molasses, one large cup of raisins stoned and chopped, a quarter of a pound of citron sliced, 1 teaspoon cinnamon, one-half teaspoon each of clove and allspice. Grate in a little nutmeg and add one tablespoon of flour. Put into two pans of same size and shape as those above. Put the sheets together while warm, alternately with a little jelly or raspberry jam between. Cut in thin slices for the table. It will cut most easily the day after it is baked. It can be baked in one large pan without the fruit, pouring in the dark and light in alternate layers. When baked thus it is a handsome marble cake. It can also be baked in three pans, with two plain layers, with a dark layer between.

MRS. M. E. LITTLEFIELD

### CHOCOLATE CAKE

$1\frac{1}{2}$ cups sugar	3 eggs
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
3 squares Baker's chocolate	$\frac{1}{2}$ teaspoon soda
3 tablespoons sugar	1 teaspoon cream of tartar
3 tablespoons boiling water	$1\frac{3}{4}$ cups flour

Cream butter and sugar together. Melt chocolate, add boiling water and three tablespoons of sugar. Stir until glossy. Add to the sugar and butter, yolks of eggs well beaten, then milk. Sift soda and cream of tartar with flour into the mixture, and lastly, whites of eggs well beaten.



### FROSTING

1 cup sugar 1½ cup water

Boil until it strings, whip white of egg stiff, add syrup slowly, beating all the time. Cut marshmallows on top of cake while hot. Pour frosting over all when cool. MRS. MELVIN G. ROGERS

### ICE CREAM CAKE

1 cup butter rubbed to a cream with 3½ cups flour  
2 cups white sugar 2 teaspoons baking powder  
1 cup sweet milk Whites of 8 eggs

Bake in jelly tins and put together with boiled icing, flavored with orange to spread on thick. MRS. ELIOT H. FRENCH

### EGYPTIAN NUGGET CAKE

Cream one-half cup butter, add very gradually one-half cup sugar, then the beaten yolks of four eggs, three tablespoons chocolate dissolved in three tablespoons of hot water, (just let that come to a boil); one-half cup milk, then beat in one cup of flour vigorously. Add to this three-quarters of a cup of flour and one heaping teaspoon baking powder, one-half teaspoon vanilla. Beat well, and lastly fold in the whites of four eggs. Bake in layer tins; if round, use three.

### FILLING

1 cup ground walnuts 2 eggs  
3 teaspoons powdered sugar 1 cup whipped cream  
Salt

Beat yolks and whites of eggs separately. Mix all together and let stand in a cool place a few minutes before putting on cake. Use plain frosting on top. MRS. LILLY DOUGLAS

### WELLESLEY LOAF CAKE

½ cup butter 1¼ cups flour  
1 cup sugar 2½ level teaspoons baking  
Yolks 2 eggs powder  
½ cup milk Whites 2 eggs  
½ teaspoon vanilla 2 squares chocolate

Cream butter and sugar gradually while beating constantly; then add yolks of eggs beaten until thick; milk and flour mixed and sifted with baking powder. Add whites of eggs beaten until stiff, chocolate melted and vanilla. Turn into a buttered and floured pan and bake in a moderate oven from thirty-five to forty minutes. MRS. H. B. MASON

**FRUIT CAKE WITHOUT EGGS**

$\frac{1}{2}$ cup sugar	4 tablespoons butter
$\frac{1}{2}$ cup molasses	1 teaspoon each, cassia, nutmeg, clove
1 cup sour milk	1 teaspoon soda
1 cup raisins	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups flour	

Mix and sift flour, spices and soda. Cream butter, add sugar, molasses and sour milk to sifted mixture and raisins. Bake in a slow oven.

MRS. SAMUEL CROWN

**LIGHTNING CAKE**

$\frac{1}{3}$ cup butter	1 cup sugar
2 eggs	$1\frac{1}{4}$ cups flour
Milk	$1\frac{1}{4}$ teaspoons baking powder

Melt butter, drop in the eggs and fill cup with milk. Sift sugar with flour and baking powder. Pour contents of cup into dry ingredients and beat thoroughly.

MRS. ALBERT J. TRULL

**SUNSHINE CAKE**

6 egg yolks beaten light (250 turns of beater)	$\frac{1}{2}$ teaspoon cream of tartar in
1 cup sugar added gradually	$\frac{3}{4}$ cup sifted flour
	6 egg whites beaten stiff

Mix in order given; turn into Angel Cake pan and bake forty-five minutes in moderately slow oven.

**FROSTING**

Juice of one lemon thickened with confectioners' sugar.

KATE LYNCH, Danvers

**CHOCOLATE FROSTING**

$1\frac{1}{2}$ cups sugar	Piece of butter
10 tablespoons milk	2 squares chocolate

Let come to hard boil for about one minute. Set aside to cool and then beat until thick so as to spread.

MRS. HOWE, Los Angeles

**EGGLESS SPICE CAKE**

1 cup sugar	2 cups flour sifted with
$\frac{1}{2}$ cup butter	1 teaspoon each soda, cinnamon
1 cup sour milk	$\frac{1}{2}$ teaspoon cloves, nutmeg
1 cup floured raisins	

Bake in a slow oven.

MRS. ASHTON, Andover

### OLD FASHIONED GINGER CUP CAKES

$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup molasses	1 teaspoon lemon
$\frac{1}{2}$ cup butter and lard	1 teaspoon ginger
$\frac{1}{2}$ cup hot water	$1\frac{1}{2}$ teaspoons soda
2 eggs	

Put butter and lard in hot water and let stand one-half hour before baking.

MRS. E. M. DAVENPORT

### ICE WATER SPONGE CAKE

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup ice water
$1\frac{1}{2}$ cups flour	$1\frac{1}{2}$ teaspoons baking powder
3 eggs	

Beat yolks and sugar and one tablespoon water very thoroughly. Add balance of water, flour, baking powder and whites of eggs beaten stiff.

MRS. N. B. REED, Lowell

### HOT WATER SPONGE CAKE

1 cup sugar	1 teaspoon baking powder
2 eggs well beaten	sifted in
	1 cup flour

Stir well together, then add one-quarter cup of boiling water. Bake quickly.

MRS. JOHN TRULL

### SPONGE CAKE

Beat three eggs, yolks and whites together, two minutes; add one and one-half cups sugar and beat five minutes; one cup flour with a teaspoon of cream of tartar and beat two minutes. One-half cup cold water with one-half teaspoon of soda dissolved in it and beat one minute. Flavor to taste and add a little salt and another cup of flour and beat one minute. Observe the time exactly and bake in rather a deep cake tin in moderate oven.

MRS. HERBERT A. KING, Billerica

### ROCKS

3 eggs	$\frac{1}{2}$ lb. walnuts chopped fine
2 cups brown sugar	$2\frac{1}{2}$ cups flour
1 cup shortening	1 teaspoon cinnamon
1 lb. raisins (seeded)	1 teaspoon soda
2 teaspoons cream of tartar	

Drop from spoon.

MRS. E. W. BAILEY, No. Tewksbury



## NUMBER CAKE

- |                   |                                    |
|-------------------|------------------------------------|
| 1 cup butter      | 1 cup currants                     |
| 2 cups sugar      | 1 cup milk                         |
| 3 cups flour      | 1 level teaspoon soda              |
| 4 eggs            | 1 heaping teaspoon cream of tartar |
| 1 teaspoon nutmeg |                                    |

This makes two loaves.

MRS. EMILY B. FOSTER

## CHOCOLATE MOCHA CAKE

Cream together one large tablespoon butter, one cup sugar, yolk of one egg. Stir in three-quarters cup milk, one-quarter teaspoon salt, one cup flour with one rounded teaspoon baking powder sifted into it. Melt over steam two squares unsweetened chocolate, stir well, adding the stiffly beaten white of the egg. Bake in two layers in nine-inch Washington pie tins in a fairly hot oven about twenty-five or thirty minutes. When cool, fill and ice with the following:

- |  |                       |
|--|-----------------------|
| 1 cup confectioners' sugar             | 1 teaspoon vanilla    |
| 1 large tablespoon butter              | 2 teaspoons dry cocoa |
| 2 tablespoons very strong black coffee |                       |

Beat together until creamy and cover top and sides of cake completely.

ALICE DOHERTY, Danvers

## WEDDING CAKE

- |   |   |
|---|---|
| $\frac{1}{2}$ lb. butter  | $\frac{1}{2}$ cup Maraschino cherry juice |
| $\frac{1}{2}$ lb. sugar   | 1 lb. raisins                             |
| 4 eggs — adding whites last   | 1 lb. currants                            |
| 2 tablespoons molasses  | 6 oz. citron, shredded                    |
| $\frac{1}{2}$ teaspoon soda (scant) dissolved in 2 tablespoons milk | 1 small jar Maraschino cherries           |
| $\frac{1}{4}$ teaspoon clove, mace, nutmeg, cinnamon                | 10 oz. flour                              |

Bake in moderate oven about two hours.

ALICE E. RAMSAY

## DATE CAKE

- |   |  |
|---|--|
| 1 cup brown sugar                           | 2 cups flour with                      |
| 1 cup sour milk with                        | $\frac{1}{2}$ teaspoon cream of tartar |
| 1 teaspoon soda                             | $\frac{1}{2}$ teaspoon cinnamon        |
| $\frac{1}{2}$ cup butter                    | $\frac{1}{2}$ teaspoon cloves, salt    |
| $\frac{1}{3}$ lb. dates, stoned and chopped |  |

Bake in slow oven one-half hour.

MISS PENNIMAN

### ECONOMICAL CHOCOLATE CAKE

4 tablespoons butter	1½ cups flour sifted
1 cup sugar	1 teaspoon vanilla
1 egg	Pinch salt
½ cup sour milk with	¼ cup boiling water
1 teaspoon soda	2 tablespoons cocoa

Add sour milk and soda to creamed butter and sugar. Then sift in flour and salt. Add vanilla. Lastly, add cocoa dissolved in boiling water.

MRS. M. NICHOLS, Salem

### ORANGE SPONGE CAKE

1 cup sugar	Pinch salt
1 large cup flour	4 tablespoons orange juice
1 rounded teaspoon baking powder	3 eggs, whites beaten separately and added last

Frosting: Orange and lemon juice mixed with confectioners' sugar to spread.

MRS. MEISTER

### INEXPENSIVE NUT CAKE

One cup sugar, one egg and yolk of another, small half cup softened but not melted butter. Put all in mixing bowl and with large egg beater beat until like cream. Add one-half cup sweet milk and one and three-fourths cups pastry flour with one teaspoon cream of tartar and one-half teaspoon soda sifted in; pinch of salt, little vanilla and one-half cup chopped nut meats.

MRS. PHILIP M. BATTLES

### COCOANUT CAKE

½ cup butter creamed	½ cup milk
1 cup sugar	1¾ cups flour
½ cup shredded cocoanut	1 teaspoon baking powder
2 eggs beaten with spoon	sifted in flour
1 teaspoon vanilla	

Prepare in order given. Bake in slow oven thirty-five to forty minutes.

#### FROSTING

Butter size small egg	Confectioners' sugar
3 teaspoons hot milk	½ teaspoon vanilla
Shredded cocoanut	

Mrs. F. ARTHUR OSTERMAN

## LAYER CAKE

- |                          |                             |
|--------------------------|-----------------------------|
| $\frac{1}{3}$ cup butter | 1 cup milk                  |
| 1 cup sugar              | $1\frac{3}{4}$ cups flour   |
| 1 egg                    | 4 teaspoons baking powder   |
| 1 teaspoon vanilla       | $\frac{1}{4}$ teaspoon salt |

Cream butter and sugar; add well beaten egg, flavoring, half the milk and beat well. Add one-half the flour sifted with salt and baking powder. Add remainder of milk and flour and beat well. Bake in two or three cake tins in moderate oven fifteen or twenty minutes. Use any filling or frosting.

MRS. W. S. NICHOLS, Montpelier

## WEDDING CAKE

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 cup butter                         | $2\frac{1}{2}$ cups flour     |
| $2\frac{3}{4}$ cups sugar            | 4 cups seeded raisins chopped |
| 1 nutmeg grated                      | 6 cups currants               |
| 2 teaspoons cinnamon                 | 2 teaspoons baking powder     |
| 1 teaspoon cloves                    | $\frac{1}{2}$ cup molasses    |
| 6 eggs, separating whites from yolks | $\frac{1}{2}$ cup fruit juice |
| 4 cups shredded citron               |                               |

Cream butter with one-half of sugar. Add spices, remainder of sugar mixed with beaten eggs. Beat mixture five minutes. Add beaten whites, mix flour with fruit; add to first mixture. Stir baking powder into molasses and fruit juice, adding to other mixture, stirring thoroughly. Line a large cake pan with oiled paper and fill alternately with batter and shredded citron. Bake in a moderate oven four hours or steam two and one-half hours and then bake one and one-half hours, or simplest of all send to a bake shop to be baked.

MRS. ANNETTE MANNY

## CREAM SPONGE CAKE

- |                           |                    |
|---------------------------|--------------------|
| $1\frac{1}{2}$ cups flour | 1 teaspoon vanilla |
| 1 cup sugar               | Pinch of salt      |
| 2 teaspoons baking powder | 2 eggs             |

Break eggs in cup and fill cup with cream. Beat all together and bake in a moderate oven.

MRS. LINTON MOORE, Hancock, N. H.

## LAYER CAKE WITH RAISIN FILLING

- |                           |                             |
|---------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter  | 1 teaspoon cream of tartar  |
| 1 cup sugar, creamed      | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup milk    | Salt                        |
| $1\frac{1}{2}$ cups flour | Lemon extract               |
| 2 eggs, beaten separately |                             |



Bake in two round tins.

Yum Yum Frosting:

Put white of one egg, one cup sugar, three tablespoons cold water into bowl or double boiler over hot water and beat about seven minutes with Dover egg beater. Into one-half of same add one-half cup seeded raisins. Flavor to taste and spread between layers, using the plain for frosting the top of cake.

This recipe is also nice with a chocolate frosting between the layers.

MRS. V. E. DARLING

### ENGLISH FRUIT LOAF

1 lb. seeded raisins	Pinch salt
1 lb. currants	2 eggs
2 cups brown sugar	2 cups milk
8 even tablespoons butter or lard	4 even cups flour
1 teaspoon ground ginger	3 or 4 pieces lemon peel cut
1 teaspoon cinnamon, pinch cloves	thin; $\frac{1}{2}$ that amount citron
1 teaspoon nutmeg	2 large teaspoons soda sifted
	with flour last of all.

Bake in slow oven two hours. Makes two large loaves.

MRS. J. E. CHAMBERS

### APPLE SAUCE CAKE

1 cup sugar	1 heaping teaspoon soda dis-
$\frac{1}{2}$ cup shortening	solved in one tablespoon
1 egg beaten well	hot water
1 cup apple sauce	1 cup raisins, chopped
$1\frac{3}{4}$ cups flour, nutmeg	Salt

Mix the soda with the apple sauce.

MRS. EMILY FOSTER

### LAYER CAKE

#### *White Part*

1 cup sugar	Salt
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup milk	1 teaspoon cream of tartar
$1\frac{1}{2}$ cups flour	Beaten whites 4 eggs
	$\frac{1}{2}$ teaspoon vanilla

#### *Yellow Part*

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon soda
1 tablespoon butter	1 teaspoon cream of tartar
$\frac{1}{4}$ cup milk	sifted with 1 cup flour
Beaten yolks 4 eggs	$\frac{1}{4}$ teaspoon vanilla

*Dark Part*

Dissolve one square chocolate in a little hot water, one tablespoon sugar, one teaspoon vanilla. Add to this one cup of batter, part white and yellow. Bake in square tins.

## FILLING

One square of chocolate dissolved in one cup boiling water, three-quarters cup sugar, one tablespoon butter. Let come to a boil. Add heaping tablespoon cornstarch dissolved in one-half cup cold water. Stir until smooth; add vanilla. Frost with chocolate icing.

MRS. F. E. STEVENS, Newburyport

## ORANGE LAYER CAKE

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup milk
$1\frac{1}{4}$ cups sugar (sifted)	$2\frac{1}{4}$ cups flour
3 egg yolks	3 teaspoons baking powder
Salt	1 tablespoon orange extract

Whites 3 eggs beaten stiff added last

Mix as butter cake and bake in two well greased layer cake pans twenty minutes in a moderate oven. Cool and cut each into two parts and make four layers and fill with orange filling.

## ORANGE FILLING

One egg beaten, rind of one orange and juice of half an orange and frosting sugar enough to spread smoothly.

MRS. H. J. PATTEN

## WALNUT CHOCOLATE CAKE

$\frac{1}{4}$ cup chocolate powder	1 cup sugar
$\frac{1}{2}$ cup butter	2 egg yolks
$1\frac{1}{2}$ cups flour	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup milk	2 tablespoons hot water
1 cup walnut meats	1 teaspoon vanilla      Salt

Cream butter and sugar, add yolks of eggs well beaten and flour with which baking powder has been sifted; milk and chocolate moistened with hot water. Beat well, add walnut meats. I sometimes bake in pie tins and spread half of cake with chocolate powder moistened with a little boiling water. Flavor with vanilla and frost with white frosting with half nut meats over cake.

MRS. C. A. YOUNG

## ROCHESTER JELLY CAKE

$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup milk
2 eggs	2 heaping cups flour
$\frac{1}{2}$ cup butter	1 teaspoon cream of tartar
$\frac{1}{2}$ teaspoon soda	

Dissolve last two ingredients in the milk. Put half of above mixture in Washington pie tins. To the remainder add one teaspoon molasses, one-half cup chopped raisins; cinnamon, cloves, allspice and nutmeg to fill one-half teaspoon; one tablespoon flour. Put sheets of cake together with jelly while hot.

MRS. O. J. DARBY, Billerica

### PINEAPPLE CAKE

$\frac{1}{4}$ cup butter	2 teaspoons baking powder
1 cup sugar	1 cup pineapple liquid drained
2 eggs	from can of pineapple, also
2 cups flour	little pulp

Cream butter and sugar; add eggs well beaten, sifted flour and baking powder, then liquid pineapple. Beat well and bake in a moderate oven.

MRS. W. LEAVER

### MY OWN NUT CAKE

Cream together one cup sugar, one-fourth cup butter, then add two beaten yolks of eggs, one-half cup milk, then beat again; one and three-quarters cups flour, two teaspoons baking powder, one-fourth pound walnut meats; beaten whites of two eggs. Mix in order given, bake about thirty-five minutes in a moderate oven.

FLORENCE L. GARLICK

### ENGLISH SPICE CAKE

2 lbs. flour	1 lb. sugar
7 teaspoons baking powder	1 pkg. Not-a-Seed raisins
1 teaspoon salt	$\frac{1}{2}$ pkg. currants
1 teaspoon mixed spice (clove, nutmeg and cinnamon)	$\frac{1}{4}$ lb. lemon or orange peel cut fine
Rub in $\frac{1}{2}$ lb. butter	$\frac{1}{2}$ cup walnut meats cut fine
	2 beaten eggs

Mix all with milk. Mix in order given and bake in a moderate oven about one and one-half hours.

MRS. ELLEN SPEKE

### PARK ST. OR SODA SPONGE CAKE

2 cups sugar	$\frac{1}{2}$ cup butter
1 cup milk	3 cups flour
1 teaspoon cream of tartar	4 eggs
$\frac{1}{2}$ teaspoon soda	Flavor to taste

This makes two pans.

MISS M. F. SPAULDING



## NUT CAKE

$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	$\frac{1}{2}$ teaspoon soda
2 eggs	1 teaspoon cream of tartar
Pinch salt	1 cup broken walnut meats
$\frac{1}{2}$ cup milk	Flavoring

MRS. PATRICK NASH

## CHOCOLATE NUT CAKE

$\frac{1}{3}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
2 eggs	$\frac{1}{2}$ cup chopped meats
$1\frac{1}{3}$ cups flour	2 squares melted chocolate

Cream butter, add sugar gradually. Add eggs well beaten. Mix and sift flour and baking powder; add milk, nuts and melted chocolate.

## FROSTING

1 cup granulated sugar	1 tablespoon marshmallow cream
$\frac{1}{2}$ cup thin cream	
$\frac{1}{4}$ cup nut meats	$\frac{1}{2}$ teaspoon vanilla

Mix sugar and cream; boil until it hairs slightly. Then place in dish of cold water until partly cooled. Then add marshmallow cream, vanilla and nut meats. Beat, but do not stir, until thick enough to spread on cake.

DOROTHY B. CUTLER, E. Jaffrey, N. H.

## AUNT ETTA'S WEDDING CAKE

2 cups butter	Almost 1 cup sour milk
4 cups flour	1 large teaspoon of each kind spice
2 cups sugar	
10 eggs	$\frac{1}{2}$ teaspoon soda
1 cup strawberry preserves	2 lbs. raisins
1 cup molasses	3 lbs. currants 1 lb. citron

More raisins may be added if desired. This will make two large or three small loaves.

MRS. ROCKWELL RICHARDSON, Dracut

## WALNUT CAKE

1 cup Karo syrup	$1\frac{1}{2}$ cups sifted flour
$\frac{1}{2}$ cup shortening	1 heaping teaspoon baking powder
$\frac{1}{2}$ cup milk	
2 eggs	1 cup seeded raisins cut fine
	1 cup chopped nut meats

Bake one hour in a slow oven.

MRS. JOHN DUPEE

### ORANGE CAKE

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup butter	$1\frac{2}{3}$ cups flour
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 eggs

Cream butter, add sugar gradually, yolks of eggs well beaten. Sift salt, baking powder and flour together; add a little flour, beat, then add more flour. Fold in stiffly beaten whites of eggs and add vanilla. Bake in two well greased pans.

### ORANGE FROSTING

Wash a smooth skinned orange and grate the rind into a bowl; add juice and yolk of egg. Add confectioners' sugar enough to spread.

MRS. GRACE FOX, Dracut

### FRUIT CAKE

$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ teaspoon baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon cinnamon
1 egg	$\frac{1}{2}$ teaspoon nutmeg
1 cup sour milk with 1 teaspoon soda	3 cups flour, well sifted

1 cup raisins or  $\frac{1}{4}$  lb. nuts chopped

Bake about forty minutes in moderate oven.

ALICE E. RAMSAY

### SILVER CAKE

$1\frac{1}{2}$ cups butter	} cream	$\frac{2}{3}$ cup milk
$1\frac{1}{2}$ cups sugar		$2\frac{1}{4}$ cups pastry flour into which
$\frac{3}{4}$ teaspoon vanilla		sift
4 egg whites beaten stiff, added to sugar and butter		3 teaspoons baking powder
		Pinch of salt

Can be baked in stem pan as for Angel Cake.

MRS. ADA BURNHAM

### DARK CAKE

2 cups brown sugar	$\frac{1}{4}$ teaspoon nutmeg
1 cup water	2 tablespoons shortening
1 teaspoon cinnamon	2 cups raisins
1 teaspoon clove	3 cups flour
$\frac{1}{2}$ teaspoon allspice	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	

Boil sugar, water and spices five minutes. Remove from fire, add raisins and shortening. Let stand until cool; add flour, salt and soda. Bake in moderate oven.

MRS. JAMES O'CONNELL

## LEMON FILLING

- |                            |                           |
|----------------------------|---------------------------|
| 1 cup sugar                | 1 cup cold water          |
| 1 good teaspoon cornstarch | Butter size of walnut     |
| 1 egg                      | Juice and rind of 1 lemon |

Cook in double boiler and cool before spreading.

MISS GRANT, Danvers

## DEVIL'S FOOD CAKE

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 cup sugar                 | 2 squares melted chocolate           |
| $\frac{1}{2}$ cup butter    | $\frac{1}{2}$ teaspoon soda          |
| 1 egg                       | $\frac{1}{4}$ teaspoon baking powder |
| $\frac{1}{2}$ cup sour milk | $\frac{1}{8}$ teaspoon salt          |
| $1\frac{1}{2}$ cups flour   | 1 teaspoon vanilla                   |

$\frac{1}{4}$  cup boiling water

Add water the last thing before putting in pan.

MRS. ARTHUR D. RAMSAY

## NUT FRUIT CAKE

- |                          |                             |
|--------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon cream of tartar  |
| 2 cups sugar             | $\frac{1}{2}$ teaspoon soda |
| 3 eggs                   | 3 cups flour                |
| 1 cup sweet milk         | Little salt                 |

1 cup each of chopped raisins and chopped nuts (not too fine)

Makes two loaves and is very good indeed.

MRS. G. W. FOSTER

## COCOANUT CAKE

- |                          |  |
|--------------------------|--|
| 1 cup sugar              | 1 egg                                  |
| $\frac{1}{4}$ cup butter | $1\frac{1}{2}$ cups flour              |
| $\frac{1}{2}$ cup milk   | $1\frac{1}{2}$ teaspoons baking powder |

Bake in two round tins. One cup sweet cream whipped and sweetened to taste, spread between cakes. Sprinkle with cocoanut, also put over top of cake. You will have a moist, nice looking cake.

MRS. CHAS. W. FRENCH, Arlington, Mass.

## CHOCOLATE CAKE

- |   |                                   |
|---|-----------------------------------|
| 1 cup of sugar                            | $1\frac{1}{4}$ cups flour (scant) |
| $\frac{1}{2}$ cup butter                  | 1 teaspoon vanilla                |
| $\frac{1}{2}$ cup milk                    | 1 teaspoon baking powder          |
| 2 eggs (sometimes an extra white or yolk) | 2 squares melted chocolate        |

Bake fifty minutes and after taking from pan, cover the bottom with half marshmallows and then cover with cloth and let stand so as to melt marshmallows. Frost after cake is cool, with chocolate frosting.



### FROSTING

Dissolve confectioners' sugar with boiled milk and one tablespoon of melted butter and add one square of melted chocolate and thicken with confectioners' sugar. Flavor with vanilla.

FRANCES E. TRULL

### WATERMELON CAKE

2 cups sugar	1 teaspoon cream of tartar
1 cup butter	$\frac{1}{2}$ teaspoon soda
3 eggs beaten light	3 cups flour
1 cup milk	Pinch salt

Vanilla

Take a part of this mixture and color with strawberry coloring. Into a well buttered Angel Cake tin, put the white part on the outer edge first, then working quickly, put next the tunnel the pink part, stirring in one-half a cup of whole seeded raisins (or cut lengthwise in two pieces, if preferred) the last thing. This will make one large cake or two small ones.

MRS. A. C. TINGLEY

### LAYER CAKE

1 cup sugar	$1\frac{1}{2}$ cups flour
2 tablespoons shortening	3 teaspoons baking powder
1 egg and yolk of another	Pinch of salt
$\frac{3}{4}$ cup sweet milk	Flavor with vanilla

### MAPLE FROSTING

1 cup maple sugar	4 tablespoons water
-------------------	---------------------

Cook until it forms a soft ball in cold water. Beat white of egg stiff, then turn in sugar and beat until stiff enough to lay on cake.

MRS. FRANK M. BONNETT, E. St. Johnsbury, Vt.

### ENGLISH TEA CAKES

1 cup scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup lukewarm water
2 tablespoons butter	3 cups flour
$\frac{1}{2}$ teaspoon salt	1 egg
$\frac{1}{2}$ cup seedless raisins	

Add butter, sugar and salt to milk, when lukewarm add dissolved yeast cake, flour and egg well beaten. When mixed, add raisins, cover and let rise over night. In the morning shape in form of large biscuits, let rise, brush over with beaten egg and bake twenty minutes.

MRS. FLORRIE L. NASH

## DATE CAKE

1 lb. English walnut meats, whole      1 lb. dates, stoned

Sift over them one cup flour,  $\frac{1}{2}$  teaspoon salt, two large teaspoons baking powder, sifted together three times. Mix well; add one cup sugar and yolks of four eggs beaten very light and one teaspoon vanilla. Finally add stiffly beaten whites of four eggs. Bake one hour in Angel Cake tin in slow oven. Plain white icing.

MRS. HOWARD FOSTER

## SPICE CAKE

1 cup sugar	} cream	1 teaspoon soda
1 tablespoon butter		1 scant teaspoon each cin-
1 egg		namon and clove
1 cup sour milk		1 cup raisins
		1 $\frac{1}{2}$ cups flour

MRS. GEORGE GARLAND

## CREAM CAKES

1 cup boiling water	1 cup flour
$\frac{1}{2}$ cup butter	3 eggs

Put water and butter on the stove; when butter is melted and water boiling, add the flour and stir till flour is blended. When cool beat the eggs in one at a time. This should make twelve.

MRS. J. L. FLEMING

## BEST ONE-EGG CHOCOLATE CAKE

One cup sugar, one large tablespoon butter creamed; one egg yolk, good one-half cup milk. Sift together one-fourth teaspoon salt, one cup flour and one teaspoon baking powder, two teaspoons cornstarch. Add and beat well, then add two squares melted chocolate and one-half teaspoon vanilla; add the stiffly beaten egg white last. Bake until it shrinks from sides of pan.

MRS. W. M. BENNETT, Medford Hillside

## SCRIPTURE CAKE

4 $\frac{1}{2}$ cups of I. Kings 4-22	2 tablespoons of I. Samuel 14-25
1 $\frac{1}{2}$ cups Judge 5-25 (last clause)	Season to taste II. Chronicles
2 cups Jeremiah 6-20	9-9
2 cups of I. Samuel 30-12	Six of Jeremiah 17-11
2 cups of Nahum 3-12	A pinch of Leviticus 2-13
1 cup of Numbers 17-8	$\frac{1}{2}$ cup Judge 4-19 (last clause)
2 teaspoons Amos 4-5 (baking powder)	

Follow Solomon's prescription for making a good boy, Proverbs 23-14, and you will have a good cake.      MRS. SHEDD

### BLUEBERRY CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon soda
1 cup milk	2 eggs
3 cups flour	$1\frac{1}{2}$ cups sugar
1 teaspoon cream of tartar	1 pt. berries

MRS. CHAS. H. KITTREDGE

### DARK FRUIT CAKE

1 cup butter	} cream together	1 teaspoon cinnamon, gin-
1 cup white sugar		ger, allspice, clove
1 cup dark molasses		Level teaspoon soda
4 eggs beaten light		Few grains salt

3 cups flour

Mix in order given, then add:

1 lb. raisins	1 lb. currants
---------------	----------------

$\frac{1}{2}$  lb. citron chopped fine or lemon peel

Bake slowly two hours. This makes two loaves. I always bake mine in the afternoon because the oven is just right. When cool, wrap in cloth and put in jar.

MRS. WALTER W. LAVELL

### MOCK ANGEL CAKE

1 cup sugar	$\frac{1}{3}$ teaspoon salt
$1\frac{1}{3}$ cups flour	$\frac{2}{3}$ cup scalded milk
$\frac{1}{2}$ teaspoon cream of tartar	1 teaspoon almond or vanilla
3 teaspoons baking powder	Whites 3 eggs

Mix and sift first five ingredients four times. Add milk very slowly while still hot, beating continually; add vanilla, mix well and fold in whites of eggs beaten until light. Bake in a very slow oven about forty-five minutes in ungreased angel cake tin. Invert pan and let stand until cold.

#### WHITE ICING

$1\frac{1}{2}$ cups confectioners' sugar	$\frac{1}{2}$ teaspoon butter
2 tablespoons hot milk	$\frac{1}{2}$ teaspoon vanilla

Add butter to hot milk, add sugar slowly.

GRACE E. GARDNER, Lowell

### GOLDEN CREAM CAKE

1 cup sugar	Beaten whites 3 eggs
$\frac{1}{4}$ cup butter creamed together	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sweet milk	$1\frac{1}{2}$ level teaspoons baking powder



Bake in layers.

For Filling: Yolks of three eggs, one cup sugar and two table-  
spoons thick cream beaten together until very light. Flavor with  
vanilla.

MRS. J. M. CLANCY

### LANCASHIRE TEA CAKE

5½ cups flour

½ cup butter

2 cups milk

1 yeast cake in ¼ cup water

A little salt

½ lb. currants

2 oz. candied lemon

2 eggs

2 tablespoons sugar

A little grated nutmeg

Put the sugar and currants with the flour; melt the butter in the milk which must be scalded, and when cool enough, mix with the well beaten eggs and yeast. Add the dry ingredients, beating all well, and set away to rise. When light, put in cake pans to rise again to double the bulk. Bake in a moderately hot oven. These are delicious when fresh, and equally good split and roasted the second day.

MRS. M. J. SMITH

## PIES

“Bread, men say, is the staff of life,  
But they will oft concede  
That were it not for our dainty pies,  
The staff would be heavy indeed.”

### PIE PASTRY

In making pastry it is very necessary that all the ingredients should be cold and handled as little as possible, with a light touch. There is a difference of opinion in regard to flour, many preferring pastry flour, while others from choice use bread flour with excellent results. Lard makes a tender, flaky crust; butter gives a better flavor and is considered more wholesome. A mixture of both makes a very good crust.

### PLAIN PASTE

Three cups of pastry flour, teaspoon of salt, one tablespoon sugar, pinch of soda, three-quarters cup of lard, one-fourth cup of butter, cold water.

MRS. S. P. PIKE

### PIE PASTRY

1 $\frac{1}{4}$  cups bread flour

4 tablespoons lard

Salt

4 tablespoons cold water

This makes one pie. It cannot be beaten if the rule is followed exactly.

MRS. LARKIN CHANDLER

### LEMON PIE

1 cup sugar and

2 lemons

1 tablespoon cornstarch mixed

Grated rind 1 lemon

2 eggs

1 cup boiling water

1 tablespoon butter

Cook until thick and bake in one crust.

MRS. CHANNING H. COX

(Personally contributed)

### WASHINGTON PIE

2 eggs beaten separately

$\frac{1}{2}$  cup hot water with a good

1 cup sugar added to yolks

tablespoon butter melted in  
it

Sift together one heaping cup flour, one teaspoon cream of tartar, one-half teaspoon soda. Add whites of eggs last; vanilla. Bake in hot oven.

MRS. MELVIN G. ROGERS

## LEMON SPONGE PIE

1 cup sugar  
 $\frac{1}{4}$  cup butter creamed  
 2 tablespoons flour  
 Little salt

Juice and grated rind 1 lemon  
 2 well beaten egg yolks  
 1 cup sweet milk  
 2 well beaten egg whites, last

Bake in one crust. This is a firm lemon jelly on the bottom and sponge cake on top. Bake day before needed and spread whipped cream on top.

MRS. EVERETT MOUNTAIN

## BOSTON CREAM PIE

Cream part: Put on a pint of milk to boil; break two eggs into a dish and add one cup of sugar and one-half cup of flour previously mixed. After beating well, stir it into the milk just as the milk commences to boil. Add an ounce of butter and keep on stirring one way until it thickens. Flavor with vanilla or lemon.

Crust part: Three eggs beaten separately, one cup of granulated sugar, one and one-half cups sifted flour, one large teaspoon baking powder and two tablespoons of milk or water. Divide the batter in half and bake on two medium-sized pie tins. Bake in a rather quick oven to a straw color. When done and cool, split each one in half with a sharp, broad-bladed knife and spread half the cream between each. Serve cold. The cake part should be flavored the same as the custard.

MRS. SUSAN FARMER

MRS. ROSCOE E. MILLETT

## CHOCOLATE CREAM PIE

$\frac{1}{2}$  cup cocoa  
 $\frac{1}{4}$  cup cornstarch  
 2 cups milk

3 eggs  
 $\frac{1}{2}$  cup sugar  
 Pinch salt

1 tablespoon vanilla

Mix cocoa, sugar, cornstarch, egg yolks, salt and milk. Cook in double boiler until thick, stirring constantly. Flavor with vanilla. Pour into a baked pie crust shell, cover with meringue made by beating whites of eggs stiff and adding two tablespoons of sugar. Brown in oven, serve cold.

MRS. WALTER P. FULLER

## DATE CUSTARD PIE

2 cups milk  
 1 cup chopped dates

2 eggs  
 1 tablespoon sugar

$\frac{1}{4}$  teaspoon salt

(I use half a cup of sugar, as we like desserts sweet.) Heat milk and dates. Beat eggs slightly and add sugar and salt. Add



hot milk and dates and pour into pastry lined pie pan. Put into hot oven. After ten minutes, reduce heat and bake twenty-five to thirty minutes longer, or until custard is firm.

MRS. ADA L. RANDALL, Daytona, Florida

### CREAM PIE SHELLS

3 egg yolks

2 cups flour

1½ cups sugar

2 teaspoons baking powder

½ cup cold water

1 teaspoon vanilla

Add whites of eggs beaten stiff. Mix in order given and bake twenty minutes in moderate oven in two round pans and either use whipped cream or old-fashioned cream.

MRS. M. A. PATTEN

### LEMON PIE

Moisten a heaping tablespoon of cornstarch with a little cold water; then add a cup of boiling water, stirring briskly until cornstarch is cooked. Add one teaspoon of butter and cup of sugar. When slightly cool, add one egg, juice and grated rind of one lemon.

MRS. JOHN TRULL

### RHUBARB PIE

Skin and cut stalks of rhubarb in half-inch pieces before measuring; there should be one and one-half cups. Mix seven-eighths cup of sugar, two tablespoons flour and one egg slightly beaten. Add to rhubarb with a few raisins and bake between crusts.

MRS. WM. H. HAMMETT, Newport, R. I.

### PINEAPPLE PIE

1 finely chopped pineapple

2 eggs

2 cups sugar

1 cup water

2 tablespoons flour

Bake with two crusts. Makes two large and one small pie.

MRS. C. T. BRIARD, W. Somerville

### LEMON PIE

Line a deep pie plate with crust. Prick a few holes with a fork and bake.

Filling: Grate the rind of one lemon and squeeze in the juice. Add one large cup of sugar, pinch of salt, yolks of two eggs, small piece of butter, one cup of boiling water. When this boils, thicken with four heaping teaspoons of cornstarch that has been dissolved in a little cold water. Turn filling in pie. Beat whites of eggs stiff, spread on top and brown in a hot oven.

MRS. IRVING LOCKE, E. St. Johnsbury, Vt.

**BAKERS' CUSTARD PIE**

Beat the yolks of three eggs to a cream. Stir thoroughly a tablespoon of sifted flour into three tablespoons of sugar. This separates the flour so there will be no lumps. Then add it to the beaten yolks, put in a pinch of salt, a teaspoon of vanilla and a little grated nutmeg; next the well beaten whites of the eggs, and lastly a pint of scalded milk (not boiled) which has been cooled; mix this in by degrees and turn all into a deep pie pan lined with puff paste and bake from twenty-five to thirty minutes. The addition of the flour prevents the custard from breaking or wheying.

MRS. R. E. MILLETT

**TARTS**

1 pint of flour	$\frac{1}{3}$ teaspoon cream of tartar
$\frac{1}{3}$ teaspoon soda	1 teaspoon sugar
A little salt	

Sift together, then rub in good two-thirds cup of lard, one egg white beaten stiff. Add to four tablespoons cold water, then add to flour. Roll thin, cut with biscuit cutter and place on top one cut with a doughnut cutter.

MRS. DELLA SMALL

**BUTTER SCOTCH PIE**

1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	Yolks 2 eggs stirred into
1 tablespoon butter	1 cup scalded milk

When thick, flavor with vanilla and pour into baked pie shells. Use the whites of eggs for meringue.

MRS. W. A. PATTEN

**TOMATO MINCE MEAT**

Chop fine, four quarts of green tomatoes, drain off all the juice, cover with cold water, let it come to a boil and scald for thirty minutes; drain again, add two lbs. of brown sugar, one lb. seeded raisins, one-half lb. chopped citron, one large cup chopped suet, one tablespoon salt, one small cup of vinegar. Stir well, cook until thick enough. Add one teaspoon each of cinnamon, cloves and nutmeg. Put up boiling hot.

MRS. J. F. FRENCH

**PINEAPPLE PIE**

Take one-half can of pineapple chopped fine and add two-thirds cup sugar, one beaten egg, one and one-half tablespoons flour dissolved in a little of the juice of the pineapple, and add one

cup of juice. Add water if not enough juice to make a cupful. Stir all together and bake with two crusts.

MRS. E. E. MORRILL

### MOCK CHERRY PIE

Wash and chop one cup stoned raisins and one and one-half cups cranberries, one cup water, one cup sugar, one teaspoon flour, one teaspoon vanilla. Mix thoroughly and bake with two crusts.

MRS. GEORGE GARLAND

### CRANBERRY PIE

2½ cups cranberries	Little butter
1½ cups sugar	Pinch of salt
1 tablespoon cornstarch	¾ cup water

Cook sugar, cornstarch, butter and water; turn over the cranberries, finely chopped. Bake with two crusts. This makes two pies.

MRS. J. M. KITTREDGE, Nashua, N.H.

### MINCE MEAT

3 lbs. beef (boil 2 or 3 hours)	¼ oz. cloves
2 lbs. currants	½ oz. cinnamon
1 lb. mixed peel (minced)	¼ oz. mace
2 lbs. suet (minced)	1 tablespoon salt
8 lbs. apples, chop part and grind part	2 lemons, including rind
	2 oranges, including rind
2 lbs. sultana raisins	1 quart cider
2 lbs. large raisins	1 cup molasses
2 lbs. brown sugar	2 quarts juice of meat
2 nutmegs, grated	

Chop or mince meat when cold and mix with seasonings. Gradually add raisins, suet, etc., then apples. Leave on back of stove, low heat, several hours.

MRS. MARY J. RAMSAY

### CRANBERRY AND RAISIN PIE

2 cups cranberries	2 cups sugar
1 cup raisins cooked with	2 tablespoons butter
1 cup boiling water	1 egg

Cook cranberries and raisins with water until tender; then add sugar, butter and egg. Line a plate with rich crust and fill with the mixture, putting strips of the paste over the top.

MRS. W. H. LEE

### WASHINGTON OR CREAM PIES

Beat three eggs, add one and one-half cups sugar, beat; one cup flour, beat; two-thirds cup hot water, beat; one cup flour



with two teaspoons baking powder, a little salt, beat; add flavoring. Make two pies or can be used for jelly roll.

MRS. B. A. CLUFF, Dracut

### FUDGE PIE

$\frac{1}{4}$ cup butter	1 teaspoon soda
1 cup sugar	$1\frac{1}{2}$ cups flour
1 egg	$\frac{1}{2}$ cup boiling water
2 tablespoons cocoa	Vanilla
$\frac{1}{2}$ cup sour milk	Salt

Beat together, sugar and butter, then add other ingredients. Bake in Washington pie tins.

### FILLING

$\frac{3}{4}$ cup sugar	Little salt
1 tablespoon cornstarch	Vanilla
2 tablespoons cocoa	$1\frac{1}{2}$ cups water
	Little butter

Boil until thick and spread between cakes.

MRS. WALTER SMITH

### PUMPKIN PIE

1 heaping pint pumpkin	1 teaspoon cinnamon
4 eggs	$\frac{1}{2}$ teaspoon ginger
2 tablespoons flour	$\frac{1}{2}$ teaspoon nutmeg
Butter size of small egg	1 teaspoon salt
$1\frac{1}{4}$ cups sugar	$1\frac{1}{2}$ pints rich milk
2 tablespoons of molasses if desired	

Stew pumpkin slowly. Mix and bake in one crust. This amount makes two pies. Bake three-quarters of an hour.

MRS. S. P. PIKE

### PINEAPPLE PIE

Heat one and one-half cups milk, mix one-half cup sugar, one-eighth teaspoon salt and two tablespoons cornstarch and slowly add hot milk. Cook in double boiler until thick and cornstarch is thoroughly cooked. Pour over two egg yolks and cook about three minutes longer. Cool and add one cup well drained, grated pineapple and one-half teaspoon vanilla. Pour into a baked crust and cover with two stiffly beaten egg whites with two tablespoons powdered sugar. Brown quickly in hot oven.

MRS. W. LEAVER

### BAKEWELL PIE

Line a shallow pan with rich pastry, put a layer of raspberry jam and over that a mixture consisting of one oz. butter, two oz.

sugar, one-half oz. ground almonds, one-half oz. flour, two eggs and lemon flavoring.

MRS. T. W. DAVIES

### SOUR MILK PIE

$\frac{1}{2}$ cup thick sour milk	1 egg
$\frac{1}{2}$ cup chopped raisins	$\frac{1}{2}$ cracker rolled fine
$\frac{1}{2}$ cup sugar	2 teaspoons vinegar
$\frac{1}{4}$ teaspoon clove, cinnamon, allspice and salt	

Use large cup for measuring. Bake in two crusts like mince pie.

JENNIE F. BLODGETT, Billerica

### MINCE MEAT

3 lbs. chopped meat, uncooked top of round	2 lbs. brown sugar
$\frac{1}{2}$ lb. chopped suet	1 large cup molasses
4 lbs. chopped apple	1 quart boiled cider
$1\frac{1}{2}$ lbs. chopped raisins	$\frac{1}{2}$ lb. chopped lemon and orange peel
2 lbs. currants	3 tablespoons cinnamon
1 lb. citron cut in very thin, small pieces	2 tablespoons mace
8 teaspoons salt	2 tablespoons nutmeg
	1 tablespoon clove (scant)

Cook one hour after mixture boils.

MRS. HOWARD FOSTER

### MINCE MEAT

3 bowls of chopped meat	2 teaspoons cinnamon
5 bowls chopped apples	2 teaspoons clove
1 bowl molasses	Grated rind 2 lemons
$1\frac{1}{2}$ bowls sugar	1 pint cider
1 bowl suet	1 cup citron
2 pkgs. raisins	1 teaspoon salt
2 grated nutmegs	1 pkg. currants

Chopped apple and meat put together in kettle. Heat molasses and cider together and pour on the mince; put on the stove and add suet, sugar, raisins and currants. Cook half an hour, then take off, add spices and other ingredients.

MRS. A. G. KELLEY

### SUGGESTIONS

The combination of rhubarb and prunes makes a delicious pie. The prunes are just what the rhubarb needs to cover its acidity. Brush pie crust with cream or milk to insure rich brown color.

MRS. A. G. KELLEY

**WALNUT CREAM PIE**

Yolks 2 eggs	2 tablespoons flour
1 cup sugar	3 tablespoons chopped wal-
1 pint milk	nut meats                      Vanilla

Crust like a custard pie.

MRS. S. G. PILLSBURY, Dracut

**SQUASH PIE**

1 large cup squash	A little salt, nutmeg and
$\frac{2}{3}$ cup sugar	allspice
1 egg, (two would be better)	1 pint of milk
(If not two, 1 tablespoon flour)	Makes one pie.

MRS. GEORGE E. BENNETT

**RHUBARB MERINGUE PIE**

1 tablespoon flour stirred into	Beaten yolks of 2 eggs
1 cup sugar	1 tablespoon water

Mix well, then add one and one-half cups of finely cut rhubarb. Line a pie plate with rich pastry. Fill with mixture and bake in a moderate oven. Beat the whites of the eggs with two tablespoons confectioners' sugar and one-fourth teaspoon vanilla. Spread over the pie when cool and return to oven and brown.

MRS. MANTER E. GARLAND

**BUTTER SCOTCH PIE**

2 cups brown sugar	2 cups milk
2 tablespoons flour or cornstarch	2 tablespoons butter
2 eggs well beaten	Vanilla and salt

Bake like custard pie. Use whites of eggs well beaten or whipped cream on top.

MISS ANNIE L. ELLIS

**CREAM LEMON PIE**

Beat yolks of 3 eggs	3 tablespoons boiling water
$\frac{1}{2}$ cup sugar	Juice and grated rind 1 lemon

Cook in double boiler until thin custard. Whites of three eggs well beaten with one-half cup sugar beaten into custard. Pour into a crust already baked in pie plate and brown lightly in oven.

M. HOWE, Danvers

**MOCK MINCE MEAT PIE**

1 cup sugar	Add 1 cup sour milk
1 egg	1 cup raisins chopped
Butter size of small egg	$\frac{1}{2}$ teaspoon clove, cinnamon,
Pinch of salt	nutmeg

Mix well.

MRS. MEISTER



### COCOANUT TARTS

Line gem pan with rich pie crust.

Filling:

1 cup sugar creamed with	1 egg
Butter size of a walnut	$\frac{1}{4}$ cup milk
1 scant cup cocoanut	

Recipe for twelve tarts.

MRS. B. A. CLUFF

### CHERRY PIE FILLING

$1\frac{1}{2}$ cups canned sour cherries	1 cup sugar
$\frac{1}{2}$ cup chopped raisins	1 common cracker rolled fine
Pinch of salt	

MRS. CHAS. W. FRENCH, Arlington

### RAISIN PIE

1 cup seeded raisins	1 dessertspoon cornstarch
$\frac{1}{2}$ cup sugar	Butter size of nutmeg

Cook raisins, add sugar, cornstarch and butter; cook one minute. Bake with two crusts.

MRS. JANE M. KITTREDGE, Nashua, N. H.

### BRAMBLES

1 egg	1 cracker rolled fine
1 cup sugar	$\frac{1}{4}$ teaspoon vanilla
1 cup chopped raisins	Juice of 1 lemon

Bake between two rich pastry crusts and when cool, cut in squares.

MRS. GEORGE GARLAND

### APPLE PIE

Line deep plate with plain paste, three cups of sour apples cut in small pieces, three-quarters cup of sugar; dot with small pieces of butter and a shade of salt, a small spoonful of cinnamon. Wet edges with cold water and press down well so juice may not escape. Bake half an hour.

MRS. S. P. PIKE

### MINCE MEAT TOMATO

1 pk. green tomatoes, put through	$\frac{1}{4}$ lb. butter in
meat chopper with 1 qt. apples	$\frac{1}{2}$ cup suet
$1\frac{1}{2}$ lbs. or more if you like raisins	1 cup cider vinegar
3 lbs. brown sugar	1 teaspoon each of cloves,
$\frac{1}{2}$ lb. citron	allspice, cinnamon and
$\frac{1}{2}$ lb. candied lemon peel	nutmeg
1 tablespoon salt	

Put tomatoes through meat chopper and drain. Cover with cold water and simmer thirty minutes, then drain again. Now add apples, raisins, etc. When all together, cook slowly for three hours. More apples may be added if desired.

MRS. MATTHEWS

### CHOCOLATE CREAM PIE

Bake crust first, prick all over with fork and put in this filling: one pint thin cream, or rich milk, four oz. of chocolate dissolved in the milk in a double boiler. Thicken with one-half tablespoon of cornstarch, stirring often. Add one cup sugar, bit of salt. When done, remove from stove, add a teaspoon vanilla and cool. Whip one cup of thick cream and add to filling. This makes a large pie and is quite rich.

MRS. J. M. CLANCY

## PUDDINGS AND DESSERTS

### TO A MACKINTOSH APPLE

Delectable, delicious thou —  
A blossom once upon a bough!  
Such rosy loveliness I deem  
Reflected glory of a dream.  
And baked, with cream and sugar sweet,  
A chicken's wing, and bread of wheat,  
No epicure could ask for more,  
Devouring all but stem and core.  
Delectable, delicious thou —  
A blossom once upon a bough!

*Gertrude Louise Small*

(By courtesy of *New York Sun*)

### APPLE DUMPLINGS

Make a rich pie crust, cut in squares, core and fill cavity with sugar, putting a small piece of butter and a few grains of cinnamon on top; then wet dough and fold up over the apples. Put in a baking pan and bake until thoroughly done, in a slow oven.

#### SAUCE

1 egg	2 tablespoons cream
1 cup sugar	Small piece butter

#### Vanilla

Beat all together with egg-beater.

MRS. W. T. ELLIS

### BAKED STUFFED APPLES

Core one-half dozen apples, remove part of centers, make a filling of one-half cup each of chopped dates and English walnuts. Mix with removed pulp of apples, stuff apples and bake. Serve with sweetened whipped cream.

MRS. EMELIA FROST

### APPLE SNOW

Cut sponge cake in slices and lay on a dish. Make a custard of one pint milk, yolks of two eggs. Sweeten to taste, pour custard while hot over sponge cake. Cook one pound apples, when cold beat with the whites of two eggs to a stiff froth, add sugar, pile on top of custard.

MRS. J. M. ROBINSON

### APPELINE PUDDING

Soak two cups coarse bread crumbs in three cups cold water, while you make two cups sour apple sauce, add one and one-half



cups sugar, one-quarter teaspoon salt, one-half cup raisins, flavor with lemon and nutmeg, dot with butter, bake one hour.

Serve with whipped cream, hard or plain sauce.

MRS. MARION A. MILLER

### STEAMED APPLE PUDDING

2 cups flour	3 or 4 apples cut in small
Salt	pieces
1 tablespoon butter	2½ level teaspoons baking powder
	1 cup milk

Steam one hour and twenty minutes.

#### SAUCE

1 cup sugar	1½ cups boiling water
1 tablespoon flour dissolved in little cold water	Butter

Cook until it thickens, add piece of butter and flavor with lemon or vanilla.

LUCY L. WATSON

### ENGLISH PUDDING

1 cup molasses	1 teaspoon ginger
1 teaspoon clove	1 teaspoon soda
1 cup milk	1 teaspoon cinnamon
½ cup melted butter	1 cup chopped raisins
	3½ cups flour

Steam three hours, serve with hard sauce.

1 egg	2 cups confectionery sugar
2 tablespoons melted butter	3 tablespoons milk
	1 teaspoon lemon

Mix ingredients as they are named. MRS. H. MULNO

### PINEAPPLE AND RICE DESSERT

2 cups milk	1 cup rice
	Little Salt

Cook until well done, add milk or water as needed. Drain two cups grated pineapple and stir into rice when cool. Before serving add one bottle of whipped cream, add a maraschino cherry.

MRS. W. D. COOMBES

### PEACH PUDDING

Sift together one and one-half cups flour, one-quarter cup sugar, two level teaspoons baking powder. Work in one-half cup butter with the tips of fingers, mix to a stiff dough with the yolk

of one egg beaten in a little milk. Roll out and line a deep baking dish with a portion of the dough. Brush the inside with white of egg, dredge with a little flour and fill with peaches which have been peeled and cut in halves. Sweeten the fruit to taste, sprinkle with one tablespoon of flour then cut the dough which has been left into strips and place them lattice-fashion over the top.

Bake in moderate oven. Serve with cream.

MRS. EMMA ANDERSON, East Lynn

### BANANA PUDDING (With Custard Sauce)

1 pint milk (scalded)                      2 eggs, little salt  
6 tablespoons sugar

Beat and add to hot milk, stir until it thickens. When cold add vanilla, pour over sliced bananas.      MRS. KARL GREENE

### DATE AND RICE PUDDING

1 quart milk                      2 tablespoons rice  
1 package dates washed, stoned       $\frac{1}{2}$  cup sugar, salt  
and cut fine

Stir all together.

Put in oven and bake slowly for two hours. Stir once or twice, while baking. Serve with whipped cream that has been flavored with vanilla and sweetened a little.      GRACE C. FOSS

### MA'S FRUIT PUFFS

Butter thoroughly as many cups as needed. Mix two cups Reliable flour and water to a thin batter, put a spoonful in bottom of cup, then a generous spoonful of fruit, fresh or preserved, (strawberries, blueberries, rhubarb, etc.), then fill cup two-thirds full of batter. Steam twenty minutes without raising cover. This makes enough for five cups. Serve with any desired sauce or hard sauce.      MRS. W. E. HOLT

### BREAD PUDDING

Soak one slice of bread in one pint of milk. Break one egg into bowl, add pinch of salt, a generous half cup of sugar, little nutmeg and cinnamon; fill bowl with milk and bread, add few raisins and bake.      ETTA L. SMITH

### COTTAGE PUDDING

1 cup flour                       $\frac{1}{2}$  cup sugar  
2 teaspoons baking powder      Pinch of salt

Melt one-quarter cup of butter, add to it one egg, fill the cup with milk, add to the flour and sugar, beat until light.

MRS. ARTHUR ROPER

### FRUIT DESSERT

1 pint of blueberries, hot

Make a biscuit dough and drop into berries, cook fifteen minutes.

Other fruits could be used.

MRS. G. E. BENNETT

### THANKSGIVING PUDDING

Soak eleven crackers in two quarts of milk over night; in the morning mash all fine. Add one cup molasses, three tablespoons sugar, three well beaten eggs, piece butter size of egg, one cup raisins, little nutmeg and cinnamon, salt. Bake in large round pudding dish, four or five hours. Serve cold with whipped cream.

MRS. J. T. FRENCH

### ENGLISH SUET PUDDING

$\frac{3}{4}$  cup molasses  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon spices  
1 egg

$\frac{1}{2}$  cup chopped suet  
1 cup chopped raisins  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  teaspoon soda

2 cups flour

Steam  $3\frac{1}{2}$  hours.

Serve with sauce.

MRS. H. A. PAGE

### LEMON WHIP

Whites and yolks of four eggs, beaten separately and lightly tossed together, juice of four lemons squeezed into one pint water in which one cup of sugar has been dissolved, and a little ice.

Eggs are added last of all, mix well and chill.

MRS. ROBSKY, Janesville, Wis.

### PINEAPPLE SPONGE

$\frac{1}{2}$  envelope gelatine  
Grated rind of 1 lemon  
 $\frac{1}{2}$  cup sugar  
 $\frac{2}{3}$  cup of grated pineapple canned  
 $\frac{1}{3}$  cup of cold water

Yolks of 3 eggs  
2 tablespoons lemon juice  
Few grains of salt  
 $\frac{1}{2}$  cup heavy cream  
Whites of 3 eggs

Beat yolks of eggs slightly and add grated rind, lemon juice, sugar, and salt. Cook in double boiler stirring constantly until mixture thickens. Remove from stove, add gelatine (which has



been soaked in cold water five minutes) and pineapple; when mixture begins to thicken, add cream beaten until stiff and whites of eggs. Turn into mould, first dipped in cold water, then chill. Serve with whipped cream.

MRS. A. B. LOOMER, Ballardvale

### FULLER PUDDING

1 cup molasses	1 cup milk
$\frac{1}{2}$ cup butter	1 teaspoon soda
$\frac{1}{2}$ teaspoon ground clove, allspice and cinnamon	

Flour enough to make as stiff as cake. Steam two and one-half to three hours.

#### SAUCE

2 teaspoons butter	4 teaspoons sugar
2 eggs	Flavor with lemon

Beat until thick.

DOROTHY P. ROPER

### CARAMEL PUDDING

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup flour
$2\frac{1}{2}$ cups milk	1 cup nuts

Caramel one-third cup sugar, scald milk; add flour and sugar, cook in double boiler. Serve with whipped cream.

MRS. GERTRUDE GREEN, Kansas

### CHOCOLATE RICE PUDDING

2 tablespoons cocoa or	1 quart milk
2 squares chocolate	$\frac{1}{2}$ cup rice
1 cup sugar	

Cook about one hour or little longer, serve hot or cold.

HARRIET PALMER OSGOOD

### MACAROON PUDDING

One and one-half dozen macaroons broken in pieces. Make a boiled custard of yolks of five eggs, one scant cup of sugar, pinch of salt and one quart of milk. Pour over the broken macaroons. Make a meringue of the whites of the eggs with five teaspoons of powdered sugar; add a little vanilla to flavor slightly. Brown the meringue; eat cold.

M. E. HARRIS

### VEGETABLE INDIAN PUDDING

1 lb. flour	6 oz. mixed peel
1 lb. suet	6 oz. molasses
1 lb. currants	12 oz. sugar
1 lb. raisins	$\frac{1}{2}$ a nutmeg

1 lb. potatoes and 1 lb. carrots boiled and mashed very finely. No moistening is required. Mix well with the hands, into a stiff paste. Put into buttered basin and steam six or seven hours.

E. LYDDON

### CRANBERRY PUDDING

1 cup sugar	2 eggs
1 cup milk	3 cups flour
1½ cups cranberries	2 teaspoons baking powder
Salt	2 tablespoons butter

Steam three hours.

MRS. J. K. CHANDLER

### PINEAPPLE WHIP

1 can shredded pineapple	½ lb. marshmallow
	½ pint cream

Drain juice from pineapple thoroughly. Cut up marshmallows and put them to soak in the juice over night. In the morning add the rest of the pineapple and the whipped cream to the marshmallows. Add sugar if necessary. Let stand in a cool place until time to serve.

MRS. T. FRANK LYONS

### COFFEE CUSTARD

2 tablespoons coffee	1 pint milk
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Place in double boiler and bring to scalding point (do not boil), strain and add to three eggs beaten lightly, one-half cup sugar and little salt. Bake. Very nice served with whipped cream sweetened and flavored with vanilla.

MRS. FRANK W. SEARS, Brockton

### PENUCHI PUDDING

2 cups brown sugar	1½ cups boiling water
2 rounding tablespoons cornstarch, thicken	

Flavor with vanilla, add nut meats. Serve with whip cream.

MRS. A. P. NORRIS

### RASPBERRY WHIP

2 small boxes of berries	1 tablespoon lemon juice
1 cup of heavy cream	⅓ cup of sugar

Mash half of the berries, add lemon juice, and sugar, stir in the stiffly beaten cream. Pile in sherbet glasses, garnish with the whole berries, and serve cold.

MRS. M. E. BUCK

### HIGH CHURCH PUDDING

1 cup flour	1 teaspoon soda
1 cup suet	2 tablespoons marmalade,
1 cup bread crumbs	mixed with milk

Steam three hours.

MRS. B. S. GREEN

### PRUNE PUDDING

$\frac{1}{4}$  lb. prunes stewed until soft

$\frac{1}{2}$  cup sugar added before removing from fire, cook until thick.

$2\frac{1}{2}$  tablespoons cornstarch                       $\frac{1}{4}$  cup cold water

Add prune juice and water to make  $1\frac{2}{3}$  cups in all. Add prunes and cook until thick, season with lemon or few grains of cinnamon.

Serve plain or with cream.

ALICE E. RAMSAY

### PRUNE AMBUSH

Soak a heaping tablespoon of pulverized gelatine in a little cold water for a few minutes, then add a cup of boiling hot prune juice, previously sweetened. Let this cool, but do not let it harden much. Put layer of stoned prunes in dish, then pour in part of jelly, then another layer of prunes, then rest of jelly.

Serve with soft boiled custard made with one cup of milk, yolk of one egg, one teaspoon of flour. Sugar and flavor to taste.

RUTH W. CAMERON

### RAISIN PUFFS

1 tablespoon butter

$\frac{1}{2}$  cup raisins chopped fine

2 eggs

2 tablespoons sugar

2 cups flour

1 cup sweet milk

1 teaspoon baking powder

Fill cups one-half full, steam one-half hour. To be eaten with sauce.

MRS. J. A. CRAIG, Westmoreland, N. H.

### CARROT PUDDING

$1\frac{1}{2}$  cups of flour

1 cup sugar

1 cup suet

1 cup raisins

1 cup potatoes, grated

1 cup carrots, grated

1 teaspoon soda dissolved in a little water, mix well.

Steam three hours.

MRS. MANTER E. GARLAND

### STRAWBERRY SHORT-CAKE

$2\frac{1}{2}$  cups sifted flour

3 heaping teaspoons of yeast

Scant  $\frac{1}{2}$  teaspoon salt

powder

Butter size of egg

All thoroughly worked into the dry flour. Add milk slowly to make the consistency of pie crust, or just enough to take up the dry flour. Divide in halves, roll out about one-half inch thick and place in buttered Washington pie tin, then spread with melted butter, being careful to cover the edges of crust thoroughly. Roll



out other half and place on top of first part. Bake in a quick oven about twenty minutes. Don't bake too brown as it makes it brittle. When done, separate edges and cake will fall apart, cover under crust with sweetened strawberries, lay on top crust, also cover with berries and sugar.

MRS. A. C. TINGLEY

### KNICKERBOCKER PUDDING

Boil one cupful of rice in one and a half quarts of milk until the milk is entirely absorbed; stir occasionally. Remove from the fire, and while hot add the yolks of three eggs, the grated rind of one lemon, three tablespoons of sugar and a lump of butter the size of an egg. Mix well together, put in a well-buttered dish (earthen), and set aside to cool. Shortly before using, beat the whites of the eggs to a stiff froth, add gradually nine tablespoons of powdered sugar and the juice of a lemon. Pour the whole over the pudding, and set in the oven a few minutes till a light brown.

MRS. G. F. CAMP

### QUEEN'S PUDDING

One pint of stale bread, crumbed finely. One quart milk; soak bread in milk, in three-pint buttered dish until quite soft.

4 egg yolks	$\frac{1}{4}$ cup sugar
1 tablespoon butter	$\frac{1}{2}$ grated nutmeg
	1 teaspoon salt

Cream these together and stir into bread and milk. Bake one hour. Spread a layer of raspberry or grape jam over the top.

4 egg whites	4 tablespoons powdered sugar
	1 teaspoon lemon

Beat stiff and pile it on the jam. Brown in oven and serve slightly warm.

MRS. LYDIA PILLSBURY

### FIG AND NUT PUDDING

1 egg	1 cup shopped suet
1 cup molasses	1 cup sweet milk
$2\frac{1}{2}$ cups bread flour	1 teaspoon soda in flour
$\frac{2}{3}$ cup chopped meats, walnut	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ lb. chopped figs	

Steam three hours.

#### SAUCE

1 egg	1 even teaspoon butter
$\frac{1}{2}$ cup sugar; cream with egg	Dash of salt

Whip  $\frac{1}{2}$  pint of cream and flavor with vanilla.

BLANCHE KING

### FRUIT BAVARIAN CREAM

Soak one-half box of gelatine in one-half cup cold water. Press one pint of fresh fruit (or canned fruit) through a sieve. Pour one-quarter cup boiling water on gelatine, and strain it into fruit. When the jelly begins to set, fold in one pint of whipped cream, stirring until well mixed; strawberries, raspberries and peaches are the fruits generally used for this recipe.

A porcelain mould is used for fruit mixtures as tin sometimes dissolves the cream.

MRS. T. FRANK LYONS

### FRYING PAN CAKE

Put in a heavy frying-pan a piece of butter the size of a small egg, one and one-half cups of brown sugar, melt, let boil up once. Arrange sliced pineapples to cover pan filling in all little crevices; Next put a maraschino cherry in hole of each slice, then make a sponge-cake batter as follows:

2 well beaten eggs	1 $\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup hot water	1 $\frac{1}{2}$ teaspoons baking powder
Salt	1 cup sugar, beat
	$\frac{1}{2}$ teaspoon vanilla

Pour this on the above and bake twenty-five minutes. When done turn out on large plate, cut in squares; serve when cold with whipped cream.

MRS. LILLY DOUGLAS

### POMPADOUR PUDDING

Scald one quart milk, add two large tablespoons of cornstarch moistened in little cold milk, pour into scalded milk and stir until it thickens, then add yolks of three eggs, three-quarters cup of sugar and one-quarter teaspoon salt, stir with milk, when thickened remove from boiler and flavor with vanilla. Pour into dish and frost while still hot, with whites of eggs, one-half cup sugar, two tablespoons cocoa. Serve cold. MRS. WALTER P. FULLER

### SNOW PUDDING

Mix two tablespoons cornstarch with four tablespoons water, add one cup boiling water, one-half cup sugar, juice of half a lemon; cook until it thickens, pour slowly over well beaten whites of two eggs; turn into a mould, serve with custard made of

1 cup milk	Yolks of 2 eggs
1 teaspoon cornstarch	$\frac{1}{2}$ cup sugar

Flavor with lemon juice.

ELEANOR GLIDDEN

**MARSHMALLOW CREAM DESSERT**

$\frac{1}{2}$  lb. marshmallows                       $\frac{1}{2}$  lb. walnuts  
     $\frac{1}{2}$  pint whipped cream

Quarter marshmallows and nuts, stir all together, add vanilla.  
 Place in refrigerator for several hours.

MRS. JOHNSON B. CAMPBELL, Washington, D. C.

**STEAMED CHOCOLATE PUDDING**

1 egg     $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup milk                                      1 teaspoon butter  
 1 cup flour                                      1 teaspoon baking powder  
 1 square chocolate, melted              Steam 1 hour

**CHOCOLATE FROSTING**

One square chocolate melted, add one tablespoon butter and powdered sugar to make thick enough.

MRS. BELLE McCausland

**DATE AND NUT PUDDING**

1 cup chopped nuts                               $\frac{1}{2}$  cup sugar  
 1 cup chopped dates                               $\frac{2}{3}$  cup flour  
 2 eggs    1 teaspoon baking powder

Serve with whipped cream or foamy sauce.

Steam pudding in small cups.

G. E. BAILEY

**CHOCOLATE COCOANUT PUDDING**

Two cups bread crumbs, soaked one hour in two cups milk.  
 One egg and one yolk, one-half cup sugar, one tablespoon butter,  
 one square melted chocolate, two tablespoons cream, two table-  
 spoons cocoanut. Cook in double boiler one hour.

**SAUCE**

One cup powdered sugar, one-half cup butter, cream together  
 and add beaten white of one egg.

MRS. H. P. DINSMORE

**PORK PUDDING**

1 cup molasses                                      1 cup pork  
 1 cup milk    1 cup raisins  
 3 cups flour     $\frac{1}{2}$  teaspoon saleratus  
    Spices of all kinds

Steam 3 hours. Serve with a sweet sauce.

MRS. PARKER FOSTER



**SHREDDED WHEAT PUDDING**

2 shredded wheat biscuits                      3 eggs  
 $\frac{1}{2}$  cup molasses                                      2 tablespoons sugar

A little cinnamon and salt

Put into medium-sized pudding dish, fill dish with milk, and bake.

MRS. JOSEPHINE DOWS HARMON

**TAPIOCA INDIAN PUDDING**

1 egg    2 tablespoons molasses  
2 tablespoons pearl tapioca                      2 tablespoons sugar  
2 tablespoons Indian meal                        1 quart milk

Salt, ginger and nutmeg to taste.

Bake in moderate oven one hour, or more.

GERTRUDE BRIGGS RICHARDSON

**MARSHMALLOW CREAM**

Dissolve one rounded tablespoon gelatine in one-half cup cold water and stir over fire until dissolved. Add one-half cup cold water to hot gelatine and cool a little. Separate whites of four eggs, beat with pinch of salt, until very light and stiff, then pour gelatine into whites very slowly, beating all the time. Sprinkle in one cup sugar and keep beating, add one teaspoon almond extract and beat again, tint one-third pink, one-third green, sprinkle chopped nuts between layers. Serve with whipped cream or sauce.

HAZEL K. SMITH

**CHOCOLATE PUDDING**

1 large dessert spoon cocoa                       $\frac{3}{4}$  cup sugar  
1 large tablespoon cornstarch                      1 tablespoon butter  
1 teaspoon vanilla

Pour one cup boiling water over the cocoa, add sugar and butter, let come to a boil, then add cornstarch dissolved in one cup cold water. Cook until it thickens, add vanilla. Serve with rich milk or whipped cream.

MRS. F. G. NEWHALL, Brighton

**FIG PUDDING**

$\frac{1}{2}$  lb. figs    2 eggs  
 $\frac{1}{2}$  lb. bread crumbs                                      Nutmeg to taste  
 $\frac{1}{4}$  lb. suet    Milk  
6 oz. brown sugar

Chop suet and figs very fine, add flour, bread crumbs, sugar, nutmeg, and lastly eggs, and sufficient milk to mix well.

Steam three hours.

MRS. T. W. DAVIES

**GRAPE-NUT PUDDING**

1 coffee cup grape-nuts

1 quart milk scalded and pour over grape-nuts and allow to cool.

Stir in four tablespoons sugar, two eggs beaten separately, whites added last, little salt. Bake one hour in moderate oven.

Serve with whipped cream.

ANNIE L. ELLIS

**ORANGE PUDDING**

Four good sized oranges, peel, seed and cut in small pieces, remove as much of white skin as possible, add one cup sugar, let stand. Into one cup of hot milk stir two tablespoons of cornstarch mixed with a little water and the yolks of three eggs. When cooked then cool and mix with the oranges. Make a frosting of the whites of the eggs and one-half cup powdered sugar, spread over the pudding and brown in hot oven. Serve cold.

MRS. C. HOLLAWOOD

## COOKIES

### BROWN SUGAR COOKIES

1½ cups brown sugar	1 cup currants
1 cup butter	2 tablespoons sweet milk
2 eggs	Small teaspoon soda

Cinnamon, cloves, nutmeg to taste.

MRS. DINSMORE

### BROWNIES .

1 cup sugar	} creamed	2 eggs
½ cup butter		1 cup walnut meats
2 heaping teaspoons powdered cocoa		¾ cup pastry flour
melted with ½ teaspoon vanilla		Pinch of salt

Bake in moderate oven in a shallow pan one-half hour. Cut in squares when cool, but before it hardens.

MRS. N. W. DAVIS, Ormond, Fla.

### BRAN COOKIES

1 cup flour	1 egg
1 cup prepared bran (Kellog's or Pillsbury's)	1 tablespoon shortening
	2 teaspoons baking powder
¾ cup sugar	¼ teaspoon salt
¾ cup milk	¼ teaspoon mapleine flavor

Cream shortening and sugar; add milk and egg well beaten; then the dry ingredients. Stir well together. Drop from a spoon on well buttered tin and bake in a hot oven about ten minutes.

MRS. W. H. KELLEY

### LEMON COOKIES

1 cup sugar	1 teaspoon salt
½ cup butter or lard	3 teaspoons baking powder
2 eggs	1 teaspoon lemon extract
¼ cup milk	Flour to roll

Bake in a quick oven.

MRS. F. I. CARTER

### SCOTTISH FANCIES

1 egg	1 cup rolled oats
½ cup sugar	⅓ teaspoon salt
⅔ tablespoon melted butter	¼ teaspoon vanilla

Mix all together and drop in small teaspoon on greased pan. Watch carefully, as they will brown very easily.

MRS. F. B. TRULL



## VANILLA WAFERS

- |  |                                   |
|--|-----------------------------------|
| 1 cup sugar                            | 1 egg                             |
| $\frac{2}{3}$ cup butter or shortening | 2 cups flour, or enough to roll   |
| 4 tablespoons milk                     | 2 heaping teaspoons baking powder |
| 1 tablespoon vanilla                   |                                   |

Roll very thin, sprinkle with sugar and cut out and bake in a quick oven.

MRS. T. G. LANGDALE

## COFFEE SNAPS

- |                              |  |
|------------------------------|--|
| $\frac{1}{2}$ cup molasses   | $\frac{1}{2}$ teaspoon soda dissolved in |
| $\frac{1}{2}$ cup sugar      | $\frac{1}{2}$ cup strong coffee          |
| $\frac{1}{2}$ cup shortening | Flour                                    |
|                              | $\frac{1}{4}$ teaspoon salt              |

Beat well. Use flour enough to roll thin. Bake in a quick oven.

MRS. T. G. LANGDALE

## FARMER'S COOKIES

- |                     |   |
|---------------------|---|
| 2 cups rolled oats  | 1 scant level teaspoon soda             |
| 2 cups pastry flour | $\frac{2}{3}$ cup butter and lard mixed |
| Pinch of salt       | 1 cup sugar                             |

Cream together and add one-third cup sweet milk. Roll thin, cut into cookies and bake in quick oven.

MRS. ALICE S. KING

## HERMITS

- |                             |                                      |
|-----------------------------|--------------------------------------|
| $\frac{3}{4}$ cup butter    | $\frac{3}{4}$ teaspoon soda          |
| 1 cup brown sugar           | 1 teaspoon cinnamon                  |
| 2 eggs                      | $\frac{1}{4}$ teaspoon clove         |
| 1 tablespoon hot water      | $\frac{1}{4}$ teaspoon nutmeg        |
| $2\frac{1}{2}$ cups flour   | $\frac{1}{2}$ cup chopped raisins    |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup nut meats cut fine |

Roll one-fourth inch thick and cut with a cookie cutter. Bake in a moderate oven twelve or fifteen minutes.

MISS L. E. ROGERS

## MOLASSES COOKIES (SOFT)

- |                             |                                 |
|-----------------------------|---------------------------------|
| $\frac{3}{4}$ cup molasses  | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup sugar     | $\frac{1}{2}$ teaspoon ginger   |
| $\frac{1}{2}$ cup lard      | $\frac{1}{2}$ cup cold water    |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ teaspoons soda   |

Flour to roll out. Be careful not to use too much flour or they will be hard.

MISS BLANCHE KING

**SUGAR COOKIES**

- |                          |                             |
|--------------------------|-----------------------------|
| 2 cups sugar             | 2 teaspoons cream of tartar |
| 1 cup butter             | 1 teaspoon soda             |
| 1 cup sweet milk (scant) | Pinch of salt               |
| 2 eggs                   | Nutmeg and vanilla          |
- MRS. JAMES O'CONNELL

**MARTHA ANN**

- |                    |                                      |
|--------------------|--------------------------------------|
| 2 eggs             | $\frac{1}{2}$ teaspoon salt          |
| 1 cup brown sugar  | $\frac{1}{2}$ cup pastry flour       |
| 1 teaspoon vanilla | $\frac{1}{2}$ teaspoon baking powder |
- 1 cup chopped walnuts

Bake in shallow pan and cut in squares when done.

MRS. J. W. MILLER

MRS. J. E. FOSTER

**MOLASSES COOKIES**

- |   |                                 |
|---|---------------------------------|
| 1 cup molasses  | 2 teaspoons soda                |
| $\frac{1}{2}$ cup butter or any good shortening (fill cup with boiling water) | 2 teaspoons ginger              |
|   | 1 teaspoon cinnamon             |
|   | $\frac{1}{2}$ teaspoon allspice |
- $3\frac{1}{2}$  cups flour

Drop by teaspoonfuls into greased tins. Press a raisin firmly in the top to make it raise uniformly.

MRS. M. L. A. DARBY

**DATE BARS**

- |             |                                |
|-------------|--------------------------------|
| 3 eggs      | 1 teaspoon baking powder       |
| 1 cup flour | 2 teaspoons vanilla            |
| 1 cup sugar | $\frac{3}{4}$ cup chopped nuts |
- $\frac{3}{4}$  cup chopped dates

Mix, spread very thin in buttered pans. Bake slowly; cut while hot and roll in confectioners' sugar.

MRS. JOHN E. FOSTER

MRS. GRACE F. JOHNSON

**MOLASSES GINGER COOKIES**

- |                             |                         |
|-----------------------------|-------------------------|
| 2 cups molasses             | 1 teaspoon soda         |
| 1 cup butter and lard mixed | 1 tablespoon cold water |
| 1 teaspoon ginger           | Pinch of salt           |

Warm molasses; melt and add shortening and ginger. Dissolve soda in the cold water. Add to the above mixture enough flour to make stiff enough to roll.

MISS McCAUSELAND

## COCOANUT CAKES

Beat the whites of three eggs until stiff; add three-quarters of a cup of sugar. Stir in enough cocoanut and corn flakes to hold mixture together. Drop in a buttered tin and bake.

MRS. E. L. SMITH

## FILLED COOKIES

1 cup sugar	1 egg
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup milk
3 cups flour	2 teaspoons cream of tartar
1 teaspoon soda	Vanilla

## FILLING

One cup raisins put through food chopper, one cup sugar,  $\frac{1}{2}$  cup hot water, two teaspoons flour. Cook until thick. When cool add a little vanilla.

CAROLINE E. RICHARDSON

## OATMEAL COOKIES

$\frac{3}{4}$ cup butter	$\frac{1}{4}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ teaspoon clove
2 eggs	2 cups flour
$\frac{1}{2}$ teaspoon cinnamon	2 cups oatmeal
4 tablespoons milk	1 cup raisins
$\frac{3}{4}$ teaspoon soda	$\frac{1}{4}$ teaspoon nutmeg

MRS. ALBERT J. TRULL

## MARGUERITES

Whites of two eggs beaten stiff, one small cup powdered sugar, one large cup chopped walnuts. Put on butter thin crackers and brown in oven.

MRS. H. G. BLOOD

## OATMEAL COOKIES

1 cup sugar	2 teaspoons cream of tartar
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 tablespoon milk	2 cups dry oatmeal
2 eggs well beaten	2 cups sifted flour
1 teaspoon soda	1 teaspoon cinnamon

M. McALEER

## CORN FLAKE MACAROONS

Mix one cup corn flakes with one-half cup sugar; add one-half cup broken nut meats. Stir lightly into beaten white of egg. Drop from teaspoon on buttered pan or paper and bake.

MISS M. HOWE, Danvers



### CREAM CAKES

Three-quarters pint of water, three-quarters cup butter. Take your spider and put in the water and butter. When boiling, add two cups sifted flour. Stir well, then cool and add six eggs. Beat until smooth. Bake forty minutes in tins that have been heated and buttered before dropping in the cakes. This will make sixteen cakes.

#### FILLING

1 pint milk boiled	3 tablespoons sugar
1 egg	1 tablespoon flour

Beat egg, flour and sugar and add to milk.

MISS M. ELLA MARSHALL

### JUMBLES

3 cups sugar	Nutmeg
1 cup butter	1 teaspoon soda dissolved in
4 eggs	small quantity of milk

Flour to make a stiff batter. Roll them in sugar.

MRS. AZRO M. DOWS, Lowell

### COFFEE COOKIES

One-half cup each of molasses, sugar and strong coffee, one-fourth cup melted lard or butter, one teaspoon soda dissolved in coffee, one teaspoon cinnamon, one-half cup chopped raisins; flour to make a soft dough. Roll quite thick.

MRS. T. FRANK LYONS

### HERMITS

1 cup butter	1 teaspoon cassia
1½ cups sugar	1 teaspoon mace
3 eggs well beaten	1 teaspoon soda
1 teaspoon clove	1 cup stoned raisins chopped
	fine

Mix very hard with sufficient flour to roll thin.

MISS CHOATE, Salem Mack School

### BLACK WALNUT WAFERS

½ cup white sugar	½ teaspoon salt
½ cup brown sugar	½ teaspoon baking powder
2 eggs beaten	1 cup black walnuts chopped
4 tablespoons flour	1 teaspoon vanilla

Grease tins and drop batter by spoonful. Wafers are very thin.

MRS. EDWARD HATCH, Los Angeles, Calif.

## SPICE COOKIES

1/2 cup of shortening	1 teaspoon salt
1 cup brown sugar	1 teaspoon cinnamon
1 cup molasses	1 teaspoon cloves
2 teaspoons soda	1 teaspoon nutmeg
4 cups flour	

Mix the sugar, molasses, spices and shortening. Dissolve the soda in a quarter of a cup of boiling water. Roll thin and bake in hot oven.

MRS. E. L. SMITH

## DOUGHNUTS

1 cup mashed potatoes	1/2 teaspoon salt
Butter size of walnut, beaten to a cream	1/2 cup sweet milk
2 eggs	4 teaspoons baking powder
1 cup sugar	Flour
	Nutmeg if desired

MRS. CALVIN COOLIDGE (Personally contributed)

## DOUGHNUTS

1 egg	2/3 cup sour milk
1 cup sugar	1/2 teaspoon soda
1 teaspoon butter	1/2 teaspoon ginger and cinnamon together
Dash of salt	

4 cups pastry flour MRS. A. M. SHEDD

## DOUGHNUTS

2 eggs	1/2 teaspoon soda
1 cup sugar	1/2 teaspoon salt
1 cup of sweet or sour milk	1/2 teaspoon ginger
1 teaspoon cream of tartar	1/2 teaspoon nutmeg

Flour enough to roll.

MRS. M. L. GARDNER, Billerica

## DOUGHNUTS

2 eggs	4 cups bread flour
1 cup sugar	5 level teaspoons baking powder
3 tablespoons melted butter	
1 cup milk	2 teaspoons salt
1/2 teaspoon nutmeg	

Mix eggs, sugar, salt and nutmeg. Sift baking powder in flour. Add one cup flour and one-fourth cup milk alternately until all is used, beating well. Add butter last. Cool dough before frying, as it is very soft to handle and no more flour is to be added.

MISS AUSTIN

**DOUGHNUTS**

- |                     |                             |
|---------------------|-----------------------------|
| 3 cups sifted flour | 1 cup sour cream            |
| 2 cups sugar        | 1 teaspoon soda             |
| 2 eggs              | $\frac{1}{2}$ grated nutmeg |

Roll out the dough, cut and fry in boiling lard.

MRS. ANNIS D. PHELPS

**DOUGHNUTS**

- |                     |   |
|---------------------|---|
| 1 cup sugar         | 1 teaspoon cinnamon                       |
| 1 tablespoon butter | $\frac{1}{2}$ teaspoon nutmeg             |
| 1 cup milk          | $5\frac{1}{4}$ cups flour into which sift |
| 1 teaspoon salt     | 2 full teaspoons baking powder            |

Roll out one-quarter inch thick, cut and fry in hot fat until golden brown.

MRS. LUELLA TAPLEY, Danvers, Mass.

**RAISED DOUGHNUTS**

- |                         |                                       |
|-------------------------|---------------------------------------|
| 3 eggs                  | $\frac{1}{2}$ yeast cake dissolved in |
| $\frac{1}{2}$ cup sugar | water                                 |
| $\frac{1}{2}$ cup lard  | Flour to make stiff                   |
| 1 pint milk             | Raise over night                      |

In morning roll out in twists, raise again until light and fry in hot fat. Use bread flour. These can be set in morning to fry for supper.

MRS. CLAGGETT

**TWISTED DOUGHNUTS**

- |                         |                                      |
|-------------------------|--------------------------------------|
| $\frac{2}{3}$ cup sugar | $\frac{2}{3}$ teaspoon salt          |
| 1 egg                   | 1 teaspoon soda                      |
| 1 cup sour milk         | $\frac{1}{3}$ teaspoon ginger        |
| 2 teaspoons melted lard | $\frac{1}{2}$ teaspoon lemon extract |

Let mixture stand two hours, then twist and fry.

MRS. M. A. KENNEDY

**DELICIOUS GINGERBREAD**

- |                             |                          |
|-----------------------------|--------------------------|
| 1 cup sugar                 | 1 even teaspoon salt     |
| 2 tablespoons molasses      | 1 dessert spoon cinnamon |
| 4 tablespoons melted butter | 1 teaspoon mixed spices  |

Put into mixing bowl, stir and rub well together; then add one beaten egg, one cup sour milk, real sour, then sift one even teaspoon soda with two cups flour. Sift into other mixture and beat two minutes; then turn into a nine-inch square tin one and one-half inches deep, sprinkle sugar over top and bake about forty minutes in a moderate oven.

MRS. J. T. GALE

MRS. H. B. MASON



**CHOCOLATE GINGERBREAD**

$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 teaspoon ginger
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
1 cup sour milk	$\frac{1}{4}$ teaspoon cloves
2 cups flour	1 teaspoon soda
2 ounces chocolate	1 teaspoon baking powder

Cream shortening and sugar, add molasses, melted chocolate and soda in sour milk. Add dry ingredients and bake forty-five minutes in slow oven.

MRS. W. H. KELLEY

**SUGAR GINGERBREAD**

1 cup sugar, large	2 cups flour
$\frac{1}{4}$ cup butter, scant	$\frac{1}{2}$ teaspoon soda
2 eggs	1 teaspoon cream of tartar
$\frac{1}{2}$ cup milk	Vanilla

Pinch of ginger

Bake in shallow tins as thin as can be spread; put chopped nuts and sugar over top before baking. Cut in squares before taking from pan.

MISS A. J. WHITTREDGE

**CAMP GINGERBREAD**

1 egg	$\frac{1}{2}$ teaspoon soda dissolved in molasses
$\frac{1}{2}$ cup molasses	
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup each, nuts and raisins chopped
$\frac{1}{3}$ cup butter, melted	
$\frac{1}{2}$ cup sour milk	2 scant cups flour

Salt, cinnamon, clove and nutmeg to taste

MRS. ANN E. BAKER, Billerica

**SOFT GINGERBREAD**

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup lard or butter	$\frac{1}{2}$ teaspoon ginger
1 egg beaten to a cream	1 teaspoon soda
	$1\frac{1}{2}$ cups flour

After mixing all together, add one-half cup boiling water.

ETHEL M. FAIRGRIEVE

MRS. IRVING R. SHAW

**GINGERBREAD**

1 cup molasses	1 teaspoon ginger
1 cup hot water	1 tablespoon shortening
1 teaspoon soda	1 egg
Mix in order given.	Flour

MRS. EDITH M. FOSTER

**GINGER COOKIES**

4 cups flour	1 teaspoon cinnamon
1 teaspoon ginger	1 tablespoon soda
1 teaspoon salt	1 cup sugar

Sift all these ingredients together twice; then rub in one cup lard or other shortening; add two cups molasses and one cup sour milk. Mix thoroughly and add enough flour to roll.

MRS. C. H. TAPLEY, Danvers

**GINGERBREAD (BEST EVER)**

$\frac{1}{2}$ cup molasses	1 teaspoon soda
$\frac{1}{4}$ cup sugar	$1\frac{1}{2}$ cups flour
1 egg	$\frac{1}{2}$ teaspoon each, ginger and cinnamon
$\frac{1}{2}$ cup sour milk	

$\frac{1}{4}$  cup butter

If sweet milk is used, add one teaspoon vinegar.

MRS. J. B. HOWLAND, Boston

**DROP CAKES**

2 eggs	$\frac{1}{2}$ cup nuts
$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ teaspoon salt
1 cup rich sour cream	$\frac{1}{2}$ cup currants and raisins
1 level teaspoon soda	$\frac{1}{4}$ teaspoon each clove, nutmeg and allspice

Flour to stiffen

Drop from spoon two inches apart.

MRS. HUGH CAMERON

## PICKLES

“I love the smell o’ apples when they’re getting streaky-red  
And I love the smell that crinkles from an old-time posy-bed;  
The earthy spice o’ new-plowed fields is e’en a’most sublime,  
But there ain’t no smell that ekels the smell o’ pickling time.”

### PICKLED CUCUMBERS

1 gal. vinegar	1 cup sugar
1 tablespoon alum	$\frac{1}{2}$ cup grated horseradish
1 cup salt	1 heaping teaspoon mustard
$\frac{1}{4}$ teaspoon cayenne pepper	

Dissolve dry ingredients in vinegar, not necessary to boil. Take small cucumbers, few or many, if possible leaving little pieces of stem on each, cover with boiling water and let stand until cold, then carefully wipe dry and put into the liquid mixture.

LIZZIE E. ROGERS

### CUCUMBER RELISH

Two dozen cucumbers, size for table, slice thin, sprinkle lightly with salt and let stand over night. Drain off water in the morning. Put one cup of olive oil in the bottom of a stone jar, then put in the sliced cucumbers, adding one-half cup white mustard seed, one quart cider vinegar. Let stand a week before using. If desired, ten small onions chopped fine may be added to the above relish.

MRS. A. G. KELLEY

### CHOPPED GREEN TOMATO PICKLE

One peck green tomatoes chopped and drained for about two hours. Throw water away. Chop six onions, four green peppers, one bunch celery; keep all juice. Three pints of vinegar, two and one-half pounds of brown sugar, one teaspoon each, ginger, allspice, clove, cinnamon. Tie spices loosely in small bag. One-half cup salt. Five cents worth of mustard seed may be added. Cook one and one-half hours; stir often.

MRS. SAMUEL CROWN

### POTTSFIELD PICKLE

3 qts. green tomatoes	1 qt. onion
3 qts. ripe tomatoes	1 bunch celery
3 red peppers	

Chop fine, sprinkle with one-half cup salt. Let stand over night, drain. Add three pints vinegar, one and one-half pints sugar, one-fourth tablespoon white mustard. Cook until soft.

MRS. GEORGE JAMES



**POTTSFIELD PICKLE**

3 pints green tomatoes	1 qt. onions
3 pints red tomatoes	3 red peppers
1 cabbage	2 bunches celery
1 cauliflower	

Chop fine, add one cup of salt, let stand over night, drain. Add three pints vinegar, three pounds of brown sugar, one-half teaspoon each of clove and cinnamon, one-half cup white mustard seed. Cook for half an hour, bottle while hot.

MRS. C. E. COTTER, Lowell

**PEPPER RELISH**

12 red peppers	} remove seeds	1 quart vinegar
12 green peppers		3 cups white sugar
12 onions		2 tablespoons salt

Put peppers and onions through coarse grinder, cover with boiling water, let stand twenty minutes, drain. Add vinegar, sugar and salt. Cook until soft, about twenty minutes.

MRS. A. C. WILLSON, Lowell

MISS OLIVIA TOLMAN, Arlington

**RIPE TOMATO PICKLE**

3 pints tomatoes, peeled and chopped	6 tablespoons sugar
1 cup chopped celery	6 tablespoons mustard seed
4 tablespoons chopped red pepper	$\frac{1}{2}$ teaspoon clove
4 tablespoons chopped onion	$\frac{1}{2}$ teaspoon cinnamon
4 tablespoons salt	1 teaspoon grated nutmeg
	2 cups vinegar

Mix ingredients in order given. Put in a stone jar and cover. This uncooked mixture must stand a week before using, but may be kept a year.

MRS. R. E. GAY

**TOMATO RELISH**

3 pints green tomatoes	3 onions
3 pints ripe tomatoes	3 sweet peppers
3 pints cabbage	$\frac{1}{2}$ cup salt

Let stand over night, in morning drain. Add three pints vinegar, package mustard seed, three pints sugar, one teaspoon cinnamon, one-half teaspoon clove, one-half teaspoon allspice. Cook two hours.

MRS. HELEN L. BEAN

**MUSTARD PICKLE**

In a brine made of four quarts of water and one pint of salt, soak for twenty-four hours three quarts very small cucumbers and

one large cauliflower picked into pieces. Scald, but not boil, drain. Chop fine and pour boiling water over four peppers and four small onions, drain. Make a cream as follows: To nearly three quarts vinegar add two and one-half cups sugar or more if vinegar is very strong. Bring to a boil. Beat until smooth, one cup sifted flour, six tablespoons mustard, one tablespoon turmeric and a little cold vinegar. Stir into the boiling vinegar until smooth. Add the chopped onions and peppers and stir. Then add cucumbers and cauliflower.

M. ELLA MARSHALL, Lowell

### CHILLI SAUCE

25 ripe tomatoes	1 cup sugar
3 ripe peppers	2 teaspoons salt
1 large onion	1 teaspoon allspice
2½ cups vinegar	1 teaspoon clove

Chop fine and boil two hours.

MRS. A. C. WILLSON, Lowell

### CHUTNEY — UNCOOKED

1 lb. apples	1 oz. white mustard seed
¾ lb. raisins	1 oz. salt
1 dozen ripe tomatoes	1 lb. granulated sugar
2 red peppers (medium)	1 quart vinegar, boiled and cooled
6 onions (small)	
½ cup mint leaves	

Chop first six ingredients fine, add others. Put all into stone crock. Stir every day for ten days. Do not cook.

MISS A. J. WHITTREDGE, Great Neck, L. I.

### CHUTNEY — COOKED

6 green tomatoes	12 sour apples
6 green peppers	4 small onions
1 cup seeded raisins	

Chop together fine. Stir two cups brown sugar, two tablespoons salt, two tablespoons mustard seed, into one quart vinegar. Let this liquid boil five minutes, add the chopped mixture and boil one hour. Put in small glass jars and seal tight.

MRS. GERTRUDE E. BAILEY

### BEET PICKLES

Boil small beets until tender. Make a syrup of one cup sugar, one quart vinegar, boil five minutes, add the beets and seal when boiling hot.

MRS. JOHN DUPEE

### PICKLED CARROTS

Clean and scrape golden carrots and quarter lengthwise; boil in salted water until tender, drain and put in jars. To each two quarts of carrots use two cups of vinegar, one-half cup sugar, one cup water and a small bag of mixed spices. Boil vinegar, sugar, water and spice, pour boiling hot over carrots until jars are full. Seal.

MRS. ALTON N. PARKER

### BEET RELISH

Chop one quart cooked beets, one quart raw cabbage. Add one cup grated horseradish, one cup granulated sugar, one tablespoon salt, one-half tablespoon black pepper. Add only enough vinegar to moisten.

MRS. L. G. PILLSBURY, Dracut

### SWEET PICKLED PEARS

Seven pounds pears, four pounds sugar, one quart vinegar, one-half ounce stick cinnamon, one-half ounce whole cloves. Tie spices in small cheesecloth bags. Boil ten minutes with vinegar and sugar. Remove skins from pears and cook whole, or half and remove seeds, then cook in syrup until tender. Remove fruit, boil sugar and vinegar until syrupy. Pour over fruit.

Peaches, plums, crab-apples may be pickled in same way.

M. E. MARSHALL

### WATERMELON RIND PICKLE

Remove all the outside and pink inside of watermelon, cut in pieces about an inch in size. Cover with alum water, two teaspoons to quart of water. Heat to boiling point and cook slowly two hours, or until rind can be pierced with straw. Chill in ice water, cook in following syrup ten minutes and seal while hot:

2 pounds sugar

2 tablespoons whole clove

1 pint vinegar

1 stick of cinnamon

Boil five minutes.

MRS. MELVIN G. ROGERS

### RIPE CUCUMBER PICKLES

Cut cucumbers in halves, lengthwise, cover with alum water, allowing two teaspoons of powdered alum to each quart of water. Heat gradually to boiling point, then stand on back of range for two hours. Remove from alum water and chill in ice water. Make a syrup by boiling five minutes two pounds of sugar, one pint vinegar with two tablespoons each of whole cloves and stick cinnamon tied in piece of muslin. Add cucumbers and cook ten min-



utes. Remove cucumbers to stone jar and pour syrup over them. Scald syrup three successive mornings and return to fruit.

DOROTHY B. CUTLER

### GRAPE CATSUP

5 lbs. grapes, boil and strain	1 teaspoon clove
through colander	1 teaspoon cinnamon
1 pint vinegar	1 teaspoon allspice
$\frac{1}{2}$ teaspoon salt	1 teaspoon pepper

$2\frac{1}{2}$  lbs. sugar

Boil until sufficiently thick. MRS. DEUAL, Amherst

### CURRENT CATSUP

5 lbs. currants, cook and strain through sieve  
 3 lbs. brown sugar 1 pint vinegar  
 Simmer sugar and vinegar until sugar is melted, pour over currants, add one tablespoon allspice, cinnamon, clove; pepper if desired. Simmer all the ingredients three hours. Put in bottles and cork tightly.

M. E. MARSHALL

### TOMATO CATSUP NO. 1

6 ripe tomatoes, peeled and chopped	1 cup sugar
1 onion, peeled and chopped	1 cup vinegar
1 pepper, chopped	3 teaspoons salt

Cook until tender, bottle while hot. MRS. GRACE FOSS

### TOMATO CATSUP NO. 2

$\frac{1}{2}$ bushel tomatoes	2 tablespoons pepper
2 quarts vinegar	1 tablespoon mustard
3 tablespoons salt	1 tablespoon allspice

Peel and chop, or mash tomatoes, add other ingredients. Long slow cooking is needed to reduce to right thickness.

### CUCUMBER CATSUP

6 large cucumbers, fresh	2 small or 1 large onion
1 pint vinegar	1 teaspoon white pepper

Pare cucumbers very thin and chop fine. Add one small tablespoon salt, let drain in colander about one hour. Add onions chopped fine, pepper and vinegar. Stir all together, put in wide-mouthed bottles sealed tight. Let stand at least a month before using.

MRS. J. W. JORDAN

**DUTCH SALAD**

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 quart cabbage           | 1 quart green tomatoes          |
| 1 quart cauliflower       | 1 quart onions                  |
| 1 quart cucumber          | 2 green peppers, remove seeds   |
| 1 bunch celery if desired | 1 sweet, red pepper sliced fine |

Chop and cover above mixture with cold water in which one cup of salt has been dissolved, let stand over night, drain. Cover with hot water, cook until tender.

Drain, put sauce over vegetables.

**SAUCE FOR ABOVE**

- |                                  |                       |
|----------------------------------|-----------------------|
| 1 pint vinegar heated to boiling | 4 tablespoons mustard |
| 1 cup flour                      | 1 tablespoon tumeric  |

Sugar to taste.

Mix the above, wet with vinegar to paste, add hot vinegar. Cook about ten minutes taking care not to scorch. Pour over salad. If too thick, liquid can be added.

DR. ANNA BARKER

**CUCUMBER SAUCE**

- |                               |                          |
|-------------------------------|--------------------------|
| 30 good-sized green cucumbers | 4 onions                 |
| 1 small cup of salt           | 1 cup white mustard seed |
| Vinegar                       | $\frac{1}{3}$ cup pepper |

Pare onions and cucumbers and chop together. Add one cup salt. Let stand twelve hours, drain off brine. Add one cup white mustard seed, one-third cup white pepper. Vinegar to cover. Do not cook.

MISS FANNIE MUNROE

**CORN RELISH**

- |                 |                 |
|-----------------|-----------------|
| 24 ears of corn | 4 large onions  |
| 1 head cabbage  | 4 green peppers |
| 1 red pepper    |                 |

Cut corn off cobs, chop other vegetables. Turn all in a kettle, add one quart of vinegar and set to boil.

Mix together

- |                        |                               |
|------------------------|-------------------------------|
| 3 cups sugar           | $\frac{1}{4}$ cup dry mustard |
| $\frac{1}{2}$ cup salt | $\frac{3}{4}$ cup flour       |
| 1 teaspoon tumeric     |                               |

Mix in gradually one more quart of vinegar and add slowly to boiling mixture. Boil together thirty-five minutes and then seal.

MRS. J. W. JORDAN

## RHUBARB CHUTNEY

2 lbs. rhubarb	1 lb. Sultana raisins
2 lbs. brown sugar	2 lemons
1 oz. garlic	$\frac{1}{2}$ teaspoon cayenne
1 oz. salt	1 oz. ginger root
1 pt. vinegar	

Cut the rhubarb into fine shreds, remove skins from lemons, take out pips, cut small. Cut the garlic into small pieces and bruise ginger. Put together and boil until it becomes thick, stirring frequently. When done, take out ginger, put chutney into jars and cover. Much improved if kept a month before using.

MRS. E. LYDDON



## CANNING AND PRESERVING

Fruits may be canned by cooking over heat in a preserving kettle or by the so-called Cold Pack, Canned Cooked or Container Cooked method.

The simplest and cheapest type of equipment for can cooked canning is the water bath outfit. This consists of a vessel with a tight-fitting cover and a rack or false bottom to hold the jars above the bottom of the container. This should be deep enough to allow the water to cover the jars at least one or two inches. A wash-boiler, new garbage can or preserving kettle may be used.

All fruits and vegetables should be sound and if possible, freshly picked. This is especially important with corn and string beans. It is best all products be under rather than overripe.

All vegetables should be blanched, as it reduces the bulk and removes objectionable flavors. A wire basket or square of cheese-cloth is convenient for this. In either of these they should be plunged into boiling water and cooked for length of time given in time-table below. As soon as the products are removed from the hot bath, they should be dipped several times up and down in cold water, or they may be turned into a sieve or colander and cold water run freely over them.

In canning vegetables, fill the jars as soon as possible after being cold dipped. To each quart jar add one level teaspoon salt and fill with boiling water to one inch of top. Adjust rubbers, and top partially, and put in container of hot water. The length of time for cooking or processing is given in table below.

Jars of fruit should be filled with hot syrup. Syrup is made by adding sugar and water together and heating until sugar is dissolved. The amount of sugar used should be determined by the acidity of the fruit and the taste of the individual. As soon as jars are out of container, put down clamps.

Time-Table for Blanching and Processing as given in Food Preservation Primer of Massachusetts Agricultural College Extension Service.

If two-quart jars are used add twenty-five or thirty minutes for water bath.

		<i>Blanch or Scald</i>	<i>Water Bath</i>
		Minutes	Minutes
VEGETABLES	Asparagus	15	120
	Beets	5	90
	Carrots	5	90

	Cauliflower	3	60
	Corn	5-10	180
	Greens	15-20	120
	Lima Beans	5-10	180
	Peas	5-10	180
	Peppers	7	90
	Pumpkin	3	120
	Shell Beans	5-10	180
	String Beans	5-10	120
	Squash	3	120
	Tomatoes	1-2	22
	Vegetable Combination	5-10	120
FRUITS	Apples	1-2	20
	Blackberries		16
	Blueberries		16
	Cherries		16
	Currants		16
	Grapes		16
	Gooseberries	1-2	16
	Pears	1-2	20
	Peaches	1-2	16
	Plums	1-2	16
	Pineapple		30
	Quince	1-2	20
	Strawberries		16
	Rhubarb		16
	Raspberries		16
SOUPS	Tomato		20
	Chicken		90
	Meat Stock		120
MEATS	Poultry or Game		180
	Beef, lamb, rabbit or fish		180

### CANNING ASPARAGUS

(For about one quart)

1. Fill kettle about one-quarter full of water and bring to a boil.
2. Take four pounds of asparagus — wash.
3. Cut to desired lengths and tie in bunches.
4. Stand asparagus in boiling water for two minutes. Tip bunch over and leave one minute.
5. Pack evenly and tightly into jars, cover with water and add one teaspoon of salt to a quart jar.

6. Put up bail and process in hot water bath for one hundred minutes.
7. Finish sealing by putting down clamp.
8. Cut what is good of remaining asparagus into small pieces.
9. Blanch in boiling water for four minutes, cold dip and put into pint jars.
10. Add salt, — put on rubber and cover with water, partially seal and process one hundred minutes.
11. Finish seal.

VELMA M. TRULL

### CANNING WAX BEANS

1. Take one and one-half pounds of beans.
2. Wash, tip. Cut into pieces about an inch in length. Blanch in boiling water for four minutes. Cold dip.
3. Pack in jars. Fill jars with water and add one teaspoon salt.
4. Adjust rubber and lid, partially seal and process in hot water bath for one hundred minutes. Put down clamp.

VELMA M. TRULL

### CANNING GREENS

1. Take one and one-half pounds of spinach (or any other kind of greens).
2. Wash thoroughly, cut off roots.
3. Blanch in boiling water for three minutes. Cold dip.
4. Pack into jars. Cut pack diagonally with knife. Add one teaspoon salt.
5. Adjust rubber and cover with water, partially seal and process for one hundred minutes. Put down clamp.

VELMA M. TRULL

### CANNING POULTRY AND GAME BIRDS

Kill fowl and draw at once. Wash and cook. Cut into sections and place in a kettle. Cover with hot water and boil until meat can be removed from bones. Remove meat from bones and pack in jars; add one-half teaspoon of salt to a pint jar and process three hours.

A four-pound chicken makes one pint solid meat.

VELMA M. TRULL

### CANNING PEACHES

To can peaches you must first assort them. Then scald or blanch them for about two minutes. This will loosen the skins. Plunge them up and down in cold water. Remove the skins and pack into the jars.



Make a medium syrup of about one-third parts water and two thirds sugar. After this has boiled, add it gradually to avoid breaking the jar. Be sure that there are no air spaces in the jar and that the jar is full.

Partially seal and boil for sixteen minutes; then seal.

Peaches may be canned whole, in halves, in slices and many other ways, but it is all done in the same manner.

MARION E. FOSTER

Jelly making by directions given by the Agricultural College Extension Service differs in some ways from the tried and proved receipts given here, but the work seems no less and as far as results are known to us, they are no better.

### APPLE JELLY

Wipe apples, remove stem and blossom ends and cut in quarters. Barely cover with water, cover kettle and let stand and cook *very* slowly until juice is drawn out. Drain through a jelly bag. Do not squeeze if a clear jelly is desired. Measure juice, allow from one-half to three-fourths as much sugar as juice, according to the acidity of the apples. It is well to heat the sugar in a moderate oven. Put juice in kettle, boil from five to ten minutes. Strain, heat again to boiling point, add the sugar and cook until right thickness. Pour into sterilized glasses.

An equally good jelly can be made by using only the thick parings and cores of apples.

MRS. A. C. TINGLEY

### GREEN GRAPE JELLY

1 quart of water

1 peck of green grapes

Cook the grapes until soft, then strain through a flannel bag. Boil the juice twenty minutes and to a pint of juice add a pint and one-half of sugar, which has stood in oven until hot. Boil one minute longer, when it will be ready to turn into glasses.

MRS. JOEL BALDWIN

### GRAPE JELLY

Wild grapes, not too ripe, are good for jelly. Wash the grapes, free them from the stem, put in kettle and mash until all are broken. Heat slowly and cook until the juice is well drawn out. Strain through jelly bag without any pressure. Measure the juice and allow an equal measure of sugar. Boil the juice fifteen minutes, strain again. Add the sugar and boil until the surface looks

wrinkled and the liquid jellies on the edge. Skim well and turn into glasses.

A jelly made of equal parts of grapes and apples has a fine flavor.

MRS. MARY CORR

### MINT JELLY

Wipe apples, remove stem and blossom end and cut in quarters. Add sufficient water to come to tops of apples. Cover and cook slowly until apples are soft. Wash and strain through a coarse strainer. Put the juice obtained by straining, in a jelly bag and allow to drain. Measure the amount of juice and boil twenty minutes with one-half cup of crushed mint leaves. Add an equal amount of heated sugar and boil five minutes. Skim after removing from the fire and pour into glasses. Place the jelly in a sunny window for twelve or twenty-four hours. Cover with paraffin and lastly with paper bags, and keep in a cool place.

MRS. WM. HANSON

### CHOCHECHERRY JELLY

Four quarts chokecherries stripped from the stems. Sixteen juicy, red fall apples, cook together until soft with just enough water to cover. Strain through cheesecloth jelly bag and heat juice to a boiling point before adding sugar. Add pint of sugar to pint of juice. Boil until it seems sufficiently thick.

MRS. E. E. MERRILL

### THREE FRUIT JELLY

Take one part cranberries, two parts quinces, three parts apples. Prepare and cook together as for apple jelly. Measure juice and allow three-fourths as much sugar as juice. Boil juice twenty minutes, strain, return to kettle, add heated sugar and boil. Should jelly very quickly.

M. ESTHER MARSHALL

### CRANBERRY JELLY

Wash berries and put on fire to stew, putting in a very little water, about one cup of water to a quart of berries. When soft, mash through a wire sieve and add one and one-half cups of sugar. Do not return to the fire, for in a very short time you will have a nice, hard jell. The berries should be mashed as soon as taken from the fire and the sugar added as quickly as possible that the heat may dissolve it at once.

MRS. IRMA FRENCH

### CRANBERRY JELLY II.

Cook cranberries in water to cover. Put in a jelly bag and squeeze out juice. Return to kettle with an equal amount of



heated sugar and boil until the surface looks wrinkled and the liquid jellies on the edge of the spoon. In this way all seeds and skins are removed, but the jelly is not as clear as if allowed to drip.

M. E. MARSHALL

### ORANGE MARMALADE

6 oranges

2 lemons

Slice thin, add six quarts cold water and let stand over night. In the morning boil down to one-half the quantity; then add five or six pounds of sugar and cook about one hour or until it becomes jelly.

In the real Scotch orange marmalade the seeds of the fruit are put in a thin bag and boiled in the first cooking. This gives a bitter flavor liked by many.

MISS M. F. SPAULDING

### ORANGE AND PINEAPPLE MARMALADE

1 quart can of grated pineapple

4 oranges

4 lbs. sugar

Cut oranges fine and cook in a cup of water until skin is tender. Add one quart can of grated pineapple, four pounds of sugar. Cook until desired thickness.

MRS. EDWARD WINKLER

### TOMATO MARMALADE

4 quarts yellow tomatoes sliced fine

6 lemons sliced fine

4 pounds sugar

6 oranges sliced fine

1 lb. seeded raisins

Cook until thick and put in tumblers as jelly.

MRS. FRED BRIGGS

### PEACH MARMALADE

24 peaches

3 lbs. sugar

3 cups water

1½ cups walnut meats

Boil sugar and water fifteen minutes, add peaches, cut in small pieces, boil one and one-half hours, stirring frequently to prevent burning. Add one and one-half cups walnut meats. Put in glasses.

MRS. HARRY G. BLOOD

### APRICOT MARMALADE

1 pound dried apricots

2 cups water

2 cups sugar

1 lemon

Soak apricots one hour. Wash and soak in fresh water over night. Simmer apricots until very soft in two cups of water in which they were soaked. Mash very fine. Add sugar, rind and



MRS. S. E. HALE

1 orange 1 grapefruit  
1 lemon

MRS. EDWARD WINKLER, Wakefield

8 pickled limes                      12 green tomatoes

MISS A. J. WHITTREDGE, Great Neck, L. I.

2 pounds rhubarb	2 oranges, juice and rind
1 pound seedless raisins	$\frac{1}{4}$ pound walnuts
2 pounds sugar	2 cups water

MRS. FRANK STEVENS, Newburyport

5 pounds plums	4 large oranges
5 pounds sugar	2 lemons (juice only)
1 pound seedless raisins	1 pound nuts

Mrs. C. R. TALBOT, Brookline

5 lbs. apples, pared and sliced      3 lemons cut fine  
1 lb. plums, stoned and cut in      3½ lbs. sugar  
small pieces

Cook fruit in one quart of water until soft. Add three and one-half pounds of sugar. Cook until thick as jam.

S. E. HALE, Danvers

### CURRENT ORANGE CONSERVE

4 quarts currants                      7½ lbs. sugar  
3 small thin-skinned oranges      4¼ cups water

Place currants in preserving kettle. Over them put oranges sliced very thin. Add sugar and water. Let stand over night. Cook fifteen minutes after it begins to boil. Seal in sterilized glasses.

MRS. HOWARD FOSTER

### PINEAPPLE AND STRAWBERRY CONSERVE

One large or two small pineapples put through coarse chopper. Weigh and add same amount of sugar (or half white Karo syrup). Let stand over night. In morning take five boxes of strawberries, hull, mash, weigh and add an equal amount of sugar. Let pineapple cook twenty minutes, then add strawberries and cook all forty-five minutes. If syrup is used, cook a good hour.

MRS. F. A. OSTERMAN

### CRANBERRY CONSERVE

1 quart cranberries                      2 oranges  
1 cup seeded raisins                      Sugar

Cook the cranberries, coarsely chopped, in barely enough water to float. When soft measure and add an equal quantity of sugar, the grated rind of oranges, the raisins and pulp of oranges, cut fine. Simmer until very thick, pour into heated glasses.

Should stand a few days before using.

M. ESTHER MARSHALL

If the seeds of cranberries are not liked cut, after washing, in halves, put into a dish of cold water. Let stand a few minutes and the greater part of seeds will sink to the bottom of dish.

### PLUM CONSERVE

3 lbs. plums, not too ripe                      3 lbs. sugar  
4 oranges (cut fine through meat      1 lb. seeded raisins  
chopper)                      1½ lbs. walnuts (in shells)  
Grate rind

Cook one hour and five minutes, putting in walnuts before done.

MRS. F. B. TRULL

**APPLE AND PLUM CONSERVE**

5 lbs. apples pared and sliced      3 lemons cut fine (use rinds)  
5 lbs. plums stoned and cut in small pieces      3½ lbs. sugar

Cook fruit soft in one quart of water. Add sugar. Cook until thick as jam.

S. E. HALE, Danvers

**RHUBARB JAM**

3 lbs. rhubarb      3 lbs. sugar  
1 qt. strawberries

Cut up rhubarb and cover with sugar, let stand until sugar is dissolved. Boil until it jams, with one quart of strawberries.

MRS. DANIEL PIKE

**STRAWBERRY PINEAPPLE JAM**

3 cups sugar      2 cups strawberries  
1 cup pineapple

Put pineapple through food chopper. Cook all ingredients together until thick.

MRS. JOHN E. FOSTER, Lowell

**BAR-LE-DUC**

3 quarts ripe, red currants      3 quarts granulated sugar  
1 jelly glass strained honey

Let currants and sugar stand over night; in the morning add honey and boil twenty-five minutes. Take out part of the currants. Pour into small jelly glasses and seal when cold.

MRS. H. P. DINSMORE

**PLUM PRESERVES**

Six pounds plums stemmed, washed and pricked with a silver fork. Cover with boiling water to which one tablespoon soda has been added. Parboil until water turns black. Drain, make a syrup of three pounds of sugar, two cups water, adding plums few at a time. Cook until tender.

S. E. HALE, Danvers

**PEAR CHIPS**

8 lbs. pears      5 lbs. sugar  
6 lemons      ½ lb. preserved ginger

Slice pears very thin, slice two of the lemons thin; with the skins on, and four without the skins. Also slice the ginger. Mix all together and let stand twenty-four hours; then cook slowly, simmering till the pears look clear. This will keep indefinitely.

MRS. HELEN L. BEAN, Lowell



## CONFECTIONERY

“A Wilderness of Sweets.” — *Milton*

## FONDANT (Unflavored)

3 lbs. granulated sugar                      1 $\frac{3}{4}$  pints cold water  
     1 $\frac{1}{4}$  level teaspoon cream of tartar

Place ingredients in kettle and stir until dissolved, no longer. Do not stir during cooking period. Keep sides of kettle free and clear of crystals by using a swab made by winding small pieces of cheese-cloth around knife blade. Wet swab and rub down sides of kettle as fondant boils. When thermometer registers 238 degrees, or when a little dropped in cold water forms soft ball, remove from fire and pour on large china platter that has been well dampened with cold water. Pour syrup carefully and slowly on platter. Do not scrape out the last few drops from kettle; it will granulate fondant.

When batch cools, stir with wooden spoon or spatula until thick enough to mould with hands. When moulded, place in jar and cover with heavy wax paper, over this a damp cheese-cloth until wanted for use.

MRS. DINSMORE

MRS. DINSMORE

## AFTER DINNER MINTS

2 lbs. granulated sugar	4 oz. fondant
$\frac{3}{4}$ pint water	$1\frac{1}{2}$ teaspoons oil peppermint
$\frac{1}{4}$ level teaspoon cream of tartar	$1\frac{1}{2}$ lbs. confectionery sugar

Before putting batch on stove, sift into a cake pan one and one-half lbs. confectionery sugar, free from lumps. Put granulated sugar, water and cream of tartar in kettle, stir until sugar is dissolved. Put kettle on stove, put candy thermometer in batch and boil *without stirring* until thermometer registers 265 degrees. If crystals form on sides of kettle, wash off carefully with cheesecloth swab. When 265 degrees has been reached, remove kettle from stove and pour slowly and carefully onto marble slab or large platter that has been well oiled. Let stand for a few minutes until edges begin to cool. Then place in centre of batch the four ounces of fondant. Drop from the spoon all over batch the one and one-half teaspoons of oil of peppermint.

Fold over edges until fondant is covered. As soon as cool enough to handle, stretch out and pull until snow white in color and light and fluffy, then stretch out into long strip that is about one-half inch thick and with a pair of sharp scissors clip off pieces

about one-half inch long, dropping them as you clip, into the pan of confectionery sugar. Allow them to remain in pan about twelve hours, then put in a colander or wire basket and dust off with a piece of dry cheese-cloth to remove sugar.

If thermometer is not used, test by dropping a spoonful in cup of cold water. It will be too hard to form into a ball.

MRS. DINSMORE

### CHOCOLATE DROPS

2 cups sugar 1/2 cup water  
1/4 teaspoon cream of tartar, level

Let boil without stirring, until it will form soft ball when dropped in cold water. Set to cool until you can bear your hand on bottom of dish. When cool enough, flavor with any flavor and use color if you wish. Beat until you can knead with hands. Have a plate buttered and knead a few minutes, then mould in any shape, set away to cool on a wire screen with wax paper on it; a window screen will do. Melt one-half lb. bitter chocolate and one-half cake of paraffin by setting in bowl of hot water. When fondant is cold, take a darning needle, place in bottom of fondant, dip in chocolate and place on wax paper, pulling the needle down through the screen.

MRS. W. T. ELLIS

### CHOCOLATE FUDGE

2 cups sugar 1/4 lb. Baker's bitter chocolate  
1 small can evaporated milk 3 tablespoons marshmallow  
1 teaspoon butter cream  
Pinch of salt 1 teaspoon vanilla

Boil sugar, milk, chocolate and salt until a soft ball is formed in cold water. Stir constantly to prevent burning. When done, turn out fire without moving the dish, add marshmallow cream and butter and beat five minutes. Add vanilla near end of beating.

MRS. D. W. COOMBES

### NUT FUDGE

2 cups light brown sugar Butter size of small walnut  
1/2 cup milk 1 cup walnut meats  
Flavor with vanilla or ginger

Cook ten minutes, remove from fire, whip until it begins to sugar. Put nuts and flavoring in after removing from fire.

MRS. A. M. SHEDD



1½ cups sugar  
6 drops oil peppermint

½ cup boiling water

# FUDGE

Put on in sauce-pan sugar, milk and salt, let it cook one-half hour, then put in butter, let cook twenty-five minutes, then test it in cold water. When done, it will form a ball, then take it off, put in marshmallow cream and vanilla, beat a few minutes, put in chopped nut meats, beat again, pour in buttered pan when soft, and cut in squares. Very good. BERTHA CHAPMAN, Lowell

Cut peel in thin strips, place in sauce-pan, cover well with cold water. Bring to boil and boil twenty minutes. Drain off water, cover again with cold water, and boil twenty minutes. Pour off water, cover this time with boiling water and boil fifteen minutes. By this time the peel should be tender.

MRS. W. A. PATTEN, Miami, Fla.

1 cup molasses                      Small piece butter  
1½ cups sugar                      ½ cup hot or cold water  
1½ dessert spoons vinegar

Boil until brittle when tried in water, stirring while it boils. Puff the rice in the oven. Butter a sheet pan and after rice is mixed with the candy, pour all into pan, spread over and break up when cool enough.

M. A. KENNEDY

Soak in cold water over night, pour off in the morning and boil in three different waters one hour each, slightly salted. Then



drain in colander. Make a strong syrup of two cups sugar and very little water. Cut the rinds in small pieces and put in syrup and cook slowly until sugar boils away, then spread on plates to dry and sprinkle sugar over it. MRS. J. LEWIS BURTT

### PENUCHI

3 cups brown sugar                      ½ cup butter  
1 cup milk                                  2 teaspoons vanilla  
1 lb. chopped walnuts

Beat well and pour into buttered pan.

MRS. HELEN L. BEAN, Lowell

### DIVINITY FUDGE

½ cup Karo syrup                      2 cups white sugar  
½ cup cold water                      ½ cup chopped walnuts

Boil until it is brittle when tried in water. Remove from stove and beat into it the stiffly beaten whites of two eggs, one teaspoon vanilla; nuts. Beat until stiff. Drop from spoon on buttered platter.

MRS. W. E. HOLT

MRS. FRED BRIGGS

### TOFFEE

½ cup brown sugar                      ¼ cup Karo  
½ cup white sugar                      ½ cup cream. Cook to 240°F.

Add 1 tablespoon butter, cook to 250°F.

Remove from fire and add

¼ teaspoon salt                      ½ teaspoon vanilla  
½ cup broken nut meats

Pour into buttered pan one-half inch thick. While warm cut in pieces one-half inch by one and one-half inches, and wrap in waxed paper.

MISS CLARICE HUTCHINS

### VANILLA CARAMELS

1 lb. granulated sugar                      1 pint sweet cream  
1 lb. corn syrup                              1 14-oz. can condensed milk  
1 tablespoon vanilla

Put all except vanilla in kettle, cook over moderate fire until a little dropped in cold water will form ball — *nearing* firm stage. Remove from fire, add vanilla, pour in tins to thickness of one-half inch. As soon as cool enough, cut in one-inch squares and roll in waxed paper.

## PEANUT BRITTLE

- |                                |                            |
|--------------------------------|----------------------------|
| 1½ cups sugar                  | 2 cups shelled raw Spanish |
| ⅔ cup corn syrup               | peanuts                    |
| ⅔ cup cold water               | ½ teaspoon vanilla         |
| 2 tablespoons butter (heaping) | ¾ tablespoon soda          |
| ¼ teaspoon salt                | ½ tablespoon cold water    |

Put sugar, corn syrup and two-thirds cup cold water in iron kettle, stirring until mixture boils. Cover and boil three minutes. Remove cover and boil until it crackles in cold water. Add butter and peanuts (Spanish peanuts do not need to be blanched, others do), stir constantly for about ten minutes or until peanuts are browned. Add vanilla, and soda dissolved in one-half tablespoon cold water. Stir until thoroughly mixed and turn on slightly buttered marble slab or agate. Spread thin, and lift constantly while cooling, with case knife or spatula, and pull to distribute peanuts.

Have everything ready and near at hand before beginning.

MRS. J. B. HOWLAND

## MAPLE DATE FUDGE

- |                         |                            |
|-------------------------|----------------------------|
| 1 lb. maple sugar       | 1 pint sweet cream         |
| 1 lb. light brown sugar | ½ oz. best Creamery butter |

Crush the maple sugar into small pieces, place all ingredients in kettle and cook over moderate fire stirring often to prevent scorching. Cook until a spoonful dropped in a cup of cold water will form a soft ball. Remove kettle from stove and let stand for five minutes, then add six ounces of cut up dates and beat until it is thick and creamy. Pour into tin to depth of about three-quarters of an inch and mark off into squares. Very nice.

## PEANUT BUTTER FUDGE

Cook together two cups granulated sugar, two tablespoons peanut butter, one-half cup milk, until it forms soft ball in cold water, add one-half teaspoon vanilla extract. Cool and beat until creamy. Pour on buttered tin and cut in squares when cold.

## FIG CANDY

- |             |                         |
|-------------|-------------------------|
| 1 cup sugar | ¼ teaspoon cream tartar |
| ⅓ cup water |                         |

Do not stir while boiling. Boil to amber color. Stir in cream of tartar just before taking from fire. Open figs and lay in buttered tin and pour candy over them.

## STUFFED DATES

Remove the stones from a sufficient quantity of dates. (I use Dromedary Dates, as they are so clean and whole.)

Have ready English Walnut meats cut in quarters, pecans cut in quarters, peanuts, marshmallows, preserved ginger, peanut butter rolled into proper shape, and fondant (if desired). Fill the dates with these different fillings and roll in granulated or powdered sugar.

A good uncooked fondant for filling the dates is made by taking the white of one egg and stirring into it all the confectioner's sugar it will absorb. Flavor with vanilla.

MRS. ADA L. RANDALL, Daytona, Florida

### FIG FUDGE

3 cups white sugar

Butter size of walnut

$\frac{3}{4}$  cup milk

Cook ten minutes, after the mixture begins to boil. Add one-half cup figs cut fine and boil three minutes after the mixture begins to boil again.

Pinch of salt,  $\frac{1}{2}$  teaspoon cream tartar, 1 teaspoon vanilla.

Remove from stove, beat three minutes and turn into buttered tin.

BERTHA S. PASHO

## BEVERAGES

“Drink down all unkindness.” — *Shakespeare*

### GRAPE JUICE PUNCH

Mix two bottles of ginger ale with one of grape juice. Serve cold. This is a delicious drink and very easy to prepare. Fruit may be added if wished.

MRS. GALE

### GRAPE JUICE I.

Pick grapes from stem and wash, cover them with water and cook to mush, drain in cheese-cloth bag over night. To one quart juice add one and one-half pints sugar, bring to a good boil and seal hot. Dilute with water when serving.

HANNAH CHANDLER

### GRAPE JUICE II.

Use Concord grapes and to each quart of grapes, picked from stems and washed, use one quart of water. Simmer for two hours (not boil). Then strain through a cloth and to each quart of juice, add one and one-quarter cups of sugar and boil five minutes. Then bottle and seal.

MRS. ANN E. BAKER



**RASPBERRY PUNCH**

Juice 2 lemons

2 cups raspberries

2 cups currants

Strain. Do not remove pulp from cloth, and place in another dish. Over this pour one quart of boiling water. To this add two cups of sugar and stir until sugar is dissolved. Allow to cool thoroughly before adding the juice and three cups of tea.

It may be that more water could be added, but the melting ice dilutes it. Canned raspberries and currant jelly heated and diluted with water may be used instead of fresh raspberries.

MRS. DINSMORE

**UNCOOKED GRAPE JUICE**

Two cups of Concord grapes. Pick from the stem, put them into a quart preserving jar, then sprinkle with one-half cup of white granulated sugar. Fill the jar with boiling water and seal tight. Let stand three months before opening. This is delicious and far superior to cooked grape juice.

CARRIE FISHER COLE

**ICED GINGER TEA**

1 qt. boiling water

1 bottle ginger ale

2 tablespoons Orange Pekoe tea

1 cup sugar

Pour boiling water on tea leaves, let steep five minutes, strain; add sugar and set on ice to cool. Just before serving add bottle of ginger ale.

MARION FRENCH

**LEMON ORANGEADE**

Make a syrup of one cup sugar and one pint water boiled together fifteen minutes. Let cool and add strained juice of three lemons and four oranges. Wash an orange and wipe dry with cloth. Slice in thin slices; remove seeds and add to syrup, add cracked ice, water to taste and one-quarter cup of Maraschino cherries.

MRS. J. C. FLETCHER

**GINGER PUNCH**

Chop one-half pound of candied ginger; add four cups water, one cup sugar; boil fifteen minutes. Cool and add the juice of three oranges and two lemons. Strain, cool and serve with cracked ice.

MRS. FLETCHER

**FRUIT PUNCH**

1 pint lemon juice

1 pint grape juice

1 pint pineapple syrup

10 quarts water

1 pint raspberry syrup

Sweeten to taste.

Serve with thin slices of orange and banana floating in bowl. If desired, one quart of rather strong tea or one quart of ginger ale may be used in place of one quart of water.

JOSEPHINE M. OCKINGTON

### RASPBERRY VINEGAR

Pour over two quarts of raspberries in a stone jar, one quart of vinegar. Let it stand twenty-four hours. Strain and pour liquor over fresh fruit and let it stand the same way.

Allow one pound of sugar to one pint of juice, put into stone jar and set in pot of boiling water one hour. Skim well and put into bottles; cork and seal tight. Diluted with water this makes a very nice drink for anyone sick.

MRS. W. H. MITCHELL

### SOUTH AMERICAN CHOCOLATE

Melt one-half pound (one cake) sweet chocolate over hot water, add slowly one cup of strong, hot coffee and boil one minute; add to six cups of scalded milk, beat until a thick froth forms on top and leave over hot water ten minutes.

Serve with whipped cream sweetened and flavored, or chill and serve in tall glasses with cracked ice.

MRS. DINSMORE

### RASPBERRY COCKTAIL

6 tablespoons raspberry juice	4 tablespoons lemon juice
4 tablespoons orange juice	3 tablespoons sugar

Put raspberry juice and sugar into sauce pan, cook three minutes, chill, add orange and lemon juice and mix well. Serve with crushed ice.

MRS. R. J. HARTFORD

### FRUIT COCKTAIL

To juice of one lemon and one orange add a cupful of grape juice and one of ice water. Sweeten and serve in cocktail glasses.

MISS G. E. GARDNER

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## FROZEN DAINTIES

### MAPLE MOULD

One envelope granulated gelatine dissolved in cold water, one cup boiling maple syrup, one-half pint cream beaten stiff and added to syrup after it has been cooled by setting dish in pan of cold water. Pack in mould set in pail of ice and salt, tightly cover and stand three hours.

DR. BRAY

## TUTTI-FRUTTI WATER ICE

Mix together:

$\frac{1}{2}$  cup lemon juice

1 cup orange juice

1 quart water

2 cups or 1 pt. can shredded

pineapple

2 cups sugar

Freeze. This mixture may be made and allowed to stand several hours before freezing.

MRS. C. EDWARD CUTLER, Lowell

## MILK SHERBET

1 quart milk

1 pint sugar

Juice of 3 lemons

Grated peel of 1 lemon

Juice of 1 orange

Mix, adding milk *last* without stirring, in freezer. Use one-third salt, two-thirds ice. Remove dasher of freezer, pack in solid.

MRS. C. E. CUTLER

## LEMON SHERBET

2 lemons

1 pint sugar

1 quart milk

1 teaspoon vanilla

Mix sugar, lemon juice and vanilla, pour into container, then add milk. This makes two quarts.

MRS. AUSTIN F. FRENCH

## PINEAPPLE SHERBET

1 pineapple chopped fine  
(or one can)

Juice of 2 lemons

1 tablespoon gelatine in

$\frac{1}{2}$  pint cold water

1 quart boiling water

3 cups sugar

Let cool and freeze.

MRS. H. G. BLOOD, Mont Vernon, N. H.

## BANANA SHERBET

3 bananas

3 lemons

1 quart milk

1 pint sugar

Mix fruit and sugar together, add milk slowly. Makes about two quarts.

MRS. GRACE M. TAYLOR

## ORANGE FRAPPE

$\frac{3}{4}$  cup sugar

3 cups water

1 cup orange juice

Freeze. One measure of ice to one of salt for a frappe is a good rule.

GERTRUDE LOUISE SMALL



1 quart cranberries

2 cups water

MRS. FRED L. ROPER

1 cup cream

2 egg whites

1 cup sugar

1 quart sliced peaches

Add half the sugar to the cream, stir until sugar is dissolved; add whites of eggs beaten stiff. Place sliced peaches in a dish, sprinkle them with remainder of sugar, pour on cream mixture and serve at once. The success of this depends upon its being thoroughly chilled when served. The cream, eggs and fruit should be on ice two hours before the dish is prepared. The dish must be sent to the table as quickly as possible, the snow being kept on ice until needed.

MRS. T. F. LYONS

MRS. T. F. LYONS

1 cup pineapple chopped fine

Whites of 2 eggs

$\frac{1}{2}$  pint cream

Sweeten to taste, put pulverized sugar into pineapple juice. Whip cream, sweeten and when thick, beat eggs together, put in sweetening and pineapple. Pack in ice and salt for three or four hours in ice cream freezer, covering well and using plenty of salt.

HARRIET PALMER OSGOOD

4 cups water

1 can grated pineapple

2 cups sugar

Boil twenty minutes

When cold, freeze to mush, using three parts ice to one of salt. When frozen, remove dasher and fold in one-half pint jar heavy cream beaten stiff. Let stand at least one hour before using.

OLIVIA TOLMAN

1 pint milk

1 pint maple syrup

1 pint cream

4 eggs

1 teaspoon flour

Cook milk, yolks of eggs and flour like custard. Add hot syrup. When cold, add whites of eggs beaten stiff. Freeze as usual.

MRS. J. C. ANGUS

MRS. J. C. ANGUS

**ORANGE DELICIOUS**

2 cups sugar	1 cup milk or thin cream
1 cup water	Yolks 2 eggs
2 cups orange juice	1 cup thick cream

Boil sugar and water for eight minutes, cool, then add orange juice. Scald milk, add yolks of eggs beaten and cook in double boiler until like custard. Cool. Add to first mixture with heavy cream beaten stiff. Freeze as usual.

DR. BARKER

**COFFEE ICE CREAM**

1 quart cream	1 $\frac{1}{4}$ cups sugar
1 $\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup ground coffee added to milk and boiled, then strain.	Yolks 4 eggs

MISS AUSTIN

**MAPLE PARFAIT**

4 eggs	1 cup hot maple syrup
1 pint thick cream	

Beat eggs light and pour syrup over them. Cook until it thickens. Cool. Add cream beaten stiff. Freeze.

MISS AUSTIN

**PEANUT BRITTLE CREAM**

1 lb. peanut brittle put through food chopper	1 pint cream whipped stiff
$\frac{1}{2}$ lb. marshmallows cut in quarters	$\frac{1}{2}$ cup sugar
	1 teaspoon vanilla

Mix and let stand one hour or more. Serve in sherbet glasses.

MRS. H. G. BLOOD, Mont Vernon, N. H.

**BANANA DAINTY**

Dissolve one package of orange or lemon Jello according to directions. In another pan, boil one cup sugar with one-quarter cup water until it threads. Have ready whites of two eggs beaten stiff. Beat in the syrup and flavor with a few drops of lemon juice. When Jello begins to set, beat in egg mixture and six mashed bananas; chill and serve.

MRS. DINSMORE

**FROZEN PEACHES**

Rub one quart of ripe peaches through a sieve, add two cups of sugar, four cups water, and juice of one lemon. When the sugar is dissolved, freeze. When partly frozen, add the whipped whites of two eggs or one-half pint of cream, continue freezing.

MRS. D. L. PAGE

### CHOCOLATE SYRUP

Melt two squares of chocolate over boiling water; add two-thirds cup sugar and few grains salt. Stir until smooth. Boil five minutes, cool, turn into a jar and keep in ice box or cold place. Four times this amount may be made and kept on hand to be used with hot or iced milk.

MRS. DINSMORE

### PINEAPPLE AND MARSHMALLOW CREAM

Into sherbet glasses cut three or four marshmallows in small pieces. Over them pour a little juice from a can of pineapple, together with a slice of the fruit cut into small pieces, and let stand a short time. When ready to serve, cover all with whipped cream and decorate with chopped nuts and candied cherries.

MRS. C. A. LYLE

### COFFEE MOUSSE

1 pint thick cream

3 tablespoons sugar

1 cup coffee

Whip cream, then add sugar and coffee. Pack in ice and salt for three hours. Do not stir.

MRS. E. T. BOWEN, Laconia, N. H.

### MAPLE MOUSSE

1½ cups thick maple syrup

½ pint cream whipped

1 tablespoon powdered gelatine

1 tablespoon vanilla

Dissolve gelatine in one-half cup cold water, add boiling syrup. When congealing whip and add whipped cream. Put into mould, pack in ice and salt (three to one) for four hours.

Serve with cheese crackers.

MRS. F. W. GARLAND



# INVALID COOKERY

“Neatness comes first. Be thy spare table bright  
With shining dishes and with napkins white.  
Nor shun the bowl of foaming milk that feeds  
The infant and may serve the senior’s needs.”

## OATMEAL GRUEL

1 quart water  
3 tablespoons oatmeal  
 $\frac{1}{2}$  teaspoon salt

Boil the water and into it stir the oatmeal; boil until it thickens, stirring constantly. Then put into a double boiler and let cook two or three hours. Add salt, strain; thin with rich milk.

# INDIAN GRUEL

1 quart water                      1 heaping tablespoon      corn  
1/2 teaspoon salt                      meal

Combine and cook as in receipt for Oatmeal Gruel.

## ARROWROOT GRUEL

2 teaspoons arrowroot                      1 pint milk or water

Mix arrowroot in a little cold water. Boil milk or water; stir in arrowroot and boil until thickened and clear, stirring constantly. Add salt or sugar as desired.

# CRUST COFFEE

Break slices of toasted bread into small pieces. Cover with hot water, using two cups of water to one cup of crumbs. Cook very slowly, fifteen minutes. Strain and serve with milk and sugar. Especially good made of brown bread.

## TOAST

Use stale bread sliced one-fourth of an inch thick and well browned on both sides. Moisten with hot water, then butter, or moisten with hot milk, with a bit of salt.

## MILK SAUCE FOR TOAST

2 cups of milk or cream	1 tablespoon flour
1 teaspoon butter	$\frac{1}{2}$ teaspoon salt

Heat milk in double boiler, melt butter in sauce-pan, add flour, stir until smooth, add hot milk gradually, stirring until smooth. Pour over slices of well toasted bread.

# PINK TOAST

Put three tablespoons butter into a sauce-pan; when bubbling add three tablespoons flour mixed with one-half teaspoon salt and

stir in gradually one and one-half cups of tomatoes stewed and strained and in which one-fourth teaspoon soda has been dissolved. Add one-half cup scalded milk. Pour over slices of toast and serve at once.

MRS. ANTHONY KELLEY

### CLAM BROTH

6 large clams (in shell)                      1 cup water

Wash the clams thoroughly with a brush and place them with the water, in a kettle over the fire. As soon as the shells open the broth is done. Strain through muslin and serve. Very easily retained and often very appetizing for an invalid.

### CLAM SOUP

$\frac{1}{2}$  cup milk                                       $\frac{1}{2}$  pint clam broth  
 $\frac{1}{2}$  tablespoon butter                       $\frac{1}{2}$  tablespoon flour

Scald the milk; heat the clam broth. Melt the butter; when hot and bubbling, stir in the flour and pour on slowly the hot clam broth. Cook for five minutes, then add milk, salt and pepper to taste. The soft part of clam may be added if desired.

### BEEF TEA

Take a pound of the juicy round of beef steak. Cut into thin strips an inch long, put into a sauce-pan and first cover with cold water. Put on stove where it will heat gradually; when it comes to a boil let boil slowly five minutes.

Or

Put the meat into a glass jar, covering meat with cold water. Place the jar in a kettle of cold water with a rack or thin piece of wood to hold jar above the bottom of the vessel. Let the whole heat slowly and be kept hot until the juice of the meat is extracted. Pour off and cool. Remove all fat, keep in a cold place, using as needed. Flavor with salt, or lemon juice or cream. A well beaten egg may be added to one cup of tea. This tea may be served cold or hot. If reheated, bring to boiling point but do not allow it to boil.

AMY F. COGGIN

### LAMB BROTH

2 lbs. neck of lamb                      1 teaspoon salt  
1 quart cold water

Clean meat thoroughly; remove skin and fat. Cut the meat into small pieces and hack or separate the bones. Put bones and meat into a sauce-pan, add cold water, let stand one hour; then heat gradually and cook below the boiling point for two hours. Strain through a coarse sieve that the reddish brown particles of

albuminous matter may not be lost. Remove all fat before serving. Cool, remove fat and reheat or remove fat from hot broth by using tissue paper. Boiled rice may be added, if allowed the patient.

### CHICKEN BROTH

A fowl will make a more nutritious broth than a young chicken. Skin, cut it up and break the bones with a mallet. Cover well with cold water and boil slowly for three or four hours. Strain, remove fat, add salt. A little rice may be boiled with it, if desired.

### EGG MILK SHAKE

1 egg	Milk to fill glass
1 teaspoon sugar	Flavoring, nutmeg or vanilla

Beat white and yolk of egg separately and then together; add sugar, flavoring and milk. Stir or shake well. Pour into tumbler and serve.

### BOILED CUSTARD

2 cups milk	2 tablespoons sugar
Pinch of salt	2 eggs or yolks of 3 eggs
$\frac{1}{2}$ teaspoon vanilla	

Put the milk to heat in a double boiler. Beat the eggs thoroughly with the sugar, add milk, return to double boiler and cook until the custard coats the spoon, no longer. Stir to prevent cooking unevenly. If the custard curdles, place the upper part of the boiler in a pan of cold water, beat until smooth.

If desired, the whites of the eggs may be beaten separately and added to the custard after it is cold.

### CUP CUSTARD

1 pint milk	2 eggs
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Flavor with nutmeg or vanilla. Bake in oven slowly. Fill custard cups, place them in a shallow dish of hot water, put in oven and bake.

### IRISH MOSS BLANC MANGE

4 cups milk	1 teaspoon vanilla
$\frac{1}{3}$ cup Irish moss	$\frac{1}{4}$ teaspoon salt

Wash moss very carefully in cold water and add to the cold milk. Place in a double boiler and cook about twenty minutes or until it thickens if dropped on a cold plate. Strain, add salt and vanilla, turn into moulds. Serve with sugar and thin cream.

M. E. MARSHALL



## RULES CONTRIBUTED BY GENTLEMEN

### FRIED OYSTERS OR SCALLOPS

To insure either being full size or delicate when cooked, they must be absolutely fresh; this is particularly true of scallops, as they tend to shrink and toughen after a few hours out of water.

RECEIPT:— Prepare a plate of dry bread or cracker crumbs. For one pint of fish, make batter of one egg well beaten, add pinch of salt and small dash of pepper. Cover the fish with the batter in shallow dish, remove and roll in crumbs. Fry in hot buttered pan or deep lard.

Serve with tartar sauce.

D. W. WRIGHT

### OYSTER STEW

Select fine large oysters, place in stew pan, in their own liquor, add to one pint of oysters, a small cup of water and one-half teaspoon of salt, set over fire and as boiling point is near, skim well, keep hot but *do not boil* and add butter size of an egg. When butter is melted, apply more heat and add one quart of milk; just before stew boils, remove from fire and serve. Fresh milk added when stew is just below boiling point will not curdle, but to have the flavor right, oyster stew *must never boil*. D. W. W.

### CLAM CHOWDER

Slice eight good sized potatoes and two onions, cover with hot water. Cook until tender, add salt and pepper to taste and then remove the stomachs from a quart of clams and lay the clams on top. Do not stir the clams in. Be sure the potato and onion is boiling hot. Steam fifteen or twenty minutes, then add a quart of hot milk. Add more salt and pepper if needed and as much butter as your conscience will allow.

ARTHUR C. TINGLEY

### CREAM OF TARTAR BISCUITS

3 cups flour

1 teaspoon soda, small

$\frac{1}{2}$  teaspoon salt

2 teaspoons cream of tartar  
sifted in flour two or three  
times

Work in tablespoon lard, mix with water, stiff enough to roll.  
Bake in hot oven.

FRANK G. GULLILAND

### DROP CAKES

$\frac{3}{4}$  cup shortening

1 cup sugar

$\frac{3}{4}$  cup milk

2 eggs

$2\frac{1}{2}$  cups pastry flour

1 teaspoon soda (in milk)

2 teaspoons cream of tartar

1 teaspoon lemon extract

Drop a dessert spoonful on a well greased pan a little way apart. Before baking, sprinkle a little sugar and cinnamon on top. If baked in a hot oven, they will be light and fluffy.

ALBERT H. LEET

Cook for many years at U. S. L. S. S. Plum Island

### MINISTER'S MUFFINS

$1\frac{3}{4}$  cups flour  
 $\frac{1}{4}$  cup sugar

2 heaping teaspoons baking powder

1 egg

Three-quarters cup milk, or enough for a stiff batter. Mix dry ingredients, then add liquid. Bake in a hot oven.

REV. HENRY B. MASON

### CHEESE PASTE

Cream cheese, horseradish, salt, pepper, moistened with a little vinegar.

### COCOANUT PYRAMIDS

2 egg whites

1 lb. cocoanut (shredded)

Powdered sugar

Beat whites very stiff, add sugar, then cocoanut; form into pyramids; bake golden brown.

### SARDINE A LA TOAST

Cut up toast in fingers the size of sardines and butter well. Fry sardines in butter, place on toast and serve hot.

### A CREOLE LUNCHEON DISH

1 cup boiled rice

2 cups tomato

1 cup chopped onion fried in butter — do not burn or brown

1 cup new cheese sliced quite thin

Put all together, except the cheese, well seasoned with pepper and salt, and cook from ten to fifteen minutes. Turn out on a platter and while hot spread the cheese over it and then place it in the oven, allowing it to remain there until the cheese is well melted. Serve hot with toast or warm bread. No meat in any form or vegetables will be required.

H. K. S.

### 24-HOUR DESSERT

Take thirty marshmallows cut up fine, one-half pound peanut brittle candy broken very fine. Mix with one-half pint whipping cream already whipped. Put into bowl from which to serve and put on ice for twenty-four hours. Then serve with plain cream.

### FIG SALAD

Stuff pulled figs with Blue Ribbbon Cream cheese mixed with salted almonds. Place on lettuce and serve with French dressing, cold.

### SCOTCH SHORT BREAD

1 cup sugar	} cream	4 cups flour
2 cups butter		Pinch salt

Roll one-quarter inch thick and bake. Use hands to mix for better results.

DONALD E. LESLIE, Clinton, Ia.

### CRACKER DRESSING FOR TURKEY OR CHICKEN

1 lb. common crackers rolled fine	1 medium onion cut fine
1 large slice fat pork cut fine	1 egg

Salt, pepper, Bell's Dressing to suit taste

Mix with milk to proper consistency. If meat grinder is handy, put crackers, pork and onion through same.

GEORGE K. JAMES

### ONION GRAVY

2 or 3 onions	1 cup milk
1 tablespoon flour	1 tablespoon butter

Cover onions after slicing, with water and cook until tender. Add milk. Mix flour with a little cold milk, stir in with the lump of butter. Season to taste. This is sufficient for a family of four or five and goes good with baked potatoes.

G. F. CAMP

### MY MOTHER'S PICCALILLI

Chop or slice one peck green tomatoes, sprinkle one-half cup salt over them and let them stand over night. Pour off brine, add two quarts vinegar, one quart sugar, one-half pint white mustard seed, three tablespoons ground pepper, two of salt, one of clove, one of cinnamon, one of whole allspice, one-half dozen chopped peppers, three onions. Mix well together and stew until soft.

WILLIAM H. LEE

### WESTERN SANDWICH

Beat one egg. Add small amount of chopped ham and onion. Mix together and turn into a small buttered frying pan; brown on both sides, then place between slices of bread, spread with thin layer of mustard, salt and pepper to taste.

ANDREW NICHOLS, M. D.



**CHOCOLATE FUDGE**

1 lb. sugar  
 $\frac{1}{4}$  lb. corn syrup  
 $\frac{1}{4}$  lb. honey  
 $\frac{1}{2}$  pint cream  
 $\frac{1}{4}$  lb. chocolate

Cook over slow fire to a soft ball. Let it cool before stirring to grain it; if you stir it hot, it grains coarse; the colder it is stirred, the finer the grain. If you wish to add nuts, do it while stirring.

If you have no corn syrup, honey will take the place of it. Stir while cooking so it will not burn.

D. L. PAGE, M. D., Lowell, Mass.

**PERFECT CHOCOLATE CAKE**

2 squares unsweetened chocolate  
 3 eggs  
 1 cup sugar  
 $\frac{1}{2}$  cup butter  
 Little salt  
 $\frac{1}{2}$  cup milk  
 $1\frac{1}{2}$  cups sifted flour  
 2 level teaspoons baking powder  
 1 teaspoon vanilla

Melt chocolate over hot water, beat egg yolks and sugar thoroughly, add the creamed butter, stir until very light; add melted chocolate, then milk and flour, baking powder and salt. Beat whites of eggs to a stiff froth and add last with vanilla.

GEORGE A. MARSHALL

**BUTTER SCOTCH**

6 lbs. sugar  
 3 pints water

Melt and strain, kill one level spoonful cream of tartar, tone 320, and stir in one-half pound butter. Turn into buttered pans and mark with knife when cool enough. H. L. KENNEDY

**COCOANUT CAKE**

1 oz. glucose  
 1 lb. sugar  
 1 lb. grated cocoanut  
 White of 1 egg

Mix well, boil thirty minutes, let stand until cold and form in balls and bake on buttered pans. H. L. K.

**LASSES CANDY**

2 cups molasses  
 1 cup sugar  
 1 tablespoon vinegar  
 Butter size of a walnut

Boil briskly and constantly twenty minutes, stirring all the time. When cool enough to pull, do it quickly and it will come white rapidly. Very nice.

DR. CUMMINGS, Brattleboro, Vt.

## MACAROONS

1 lb. almond paste

1 lb. sugar

Egg whites enough to mix well. Shape in balls and bake on buttered pans. H. L. K.

## VANILLA ICE CREAM

12 quarts cream

6 lbs. sugar

4 oz. vanilla

## GRAPE-NUT ICE CREAM

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## COUGH MEDICINE (Unexcelled)

1 oz. hoarhound

1 oz. black stick licorice

1 oz. thoroughwort

1 lb. loaf sugar

1 oz. whole flaxseed

1 pt. best molasses

1 oz. slippery elm

2 lemons

Steep all the herbs together until the goodness is thoroughly extracted, then strain and add licorice, molasses and sugar; boil down to syrup. When cool add lemons. JAMES CHANDLER

## EGGS

### OMELET

Six eggs, whites beaten to a stiff froth, yolks well beaten, one teacup of warm milk with teaspoon butter melted in it, one tablespoon flour wet to a paste with milk. Add to the cup of milk, one teaspoon salt. Mix all except the whites and add them last. Cook immediately about ten minutes, then fold over like a turnover.

A piece of butter should be put into frying pan in which omelet is cooked. I cook on top of stove about five minutes and finish in oven.

MRS. V. E. DARLING

### EGGS AU GRATIN

6 eggs	1 tablespoon flour (heaping)
1 tablespoon butter	1 cup milk
$\frac{1}{2}$ teaspoon salt	A little pepper or paprika

Mix butter and flour, then stir into boiling milk, and cook until thick. Break eggs in a baking dish, pour sauce over them and cover with one-half cup of grated cheese. Bake until brown.

H. G. LEE

### SCALLOPED EGGS

Boil six eggs hard, remove shells, cut in circles, not too thin. Put in baking-dish, and cover with milk gravy made of one pint of milk, salt, pepper, butter and flour. Sprinkle tops with cracker crumbs and bake one-half hour.

MRS. J. W. MILLER

### STUFFED EGGS

1 dozen boiled eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup salad dressing

Cut eggs in half, remove yolks, mix with the butter, salt, pepper and salad dressing. Stuff the whites with mixture, sprinkle paprika over them. Garnish with parsley. Serve cold.

MRS. F. G. GULLILAND

### EGG OMELET

Four eggs, whites and yolks beaten separately, four tablespoons flour dissolved in a little cold milk. Add to beaten yolks. Scald one cup milk, add one-half teaspoon salt, one teaspoon butter, then stir all together, adding whites last. Cook slowly.

MRS. G. A. NORRIS























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The members of the Cook Book Committee gratefully acknowledge the valuable assistance rendered them by the business firms who have so kindly patronized the "advertising department." We would say that in so doing they have contributed greatly to our Organ Fund, as all the profit from advertising and the sale of the book goes into that fund.

We have learned many lessons we needed to know, and we feel confident that our sympathies, especially for the adhesive book agent, have been greatly expanded. This being our first experience along this line, we undoubtedly have made mistakes, but even in these we are not without hope of being examples to our successors. After thanking all our helpers and looking forward with pleasure to the years of increased prosperity for all these business men and women, as well as the thousands of families made happier as the certain result of the use of "The Home-Maker's Cookbook," we are

Gratefully yours,

The Cook Book Committee

By LIZZIE R. TINGLEY



**T**HANKS are given to the many friends who so kindly contributed to make this book a success, but who did not wish to have their names appear.

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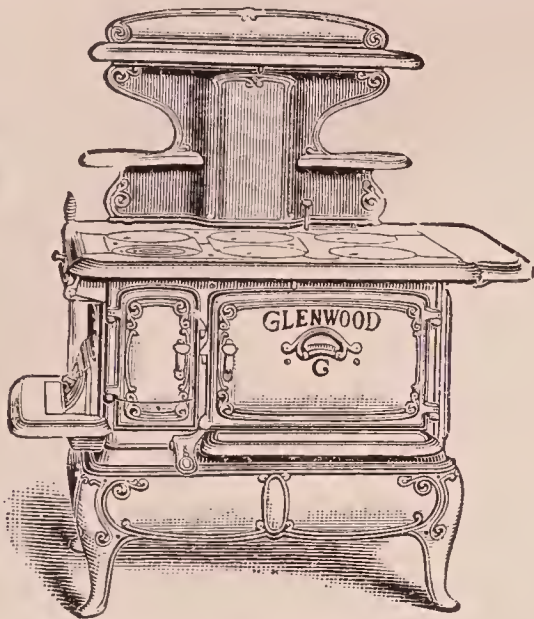
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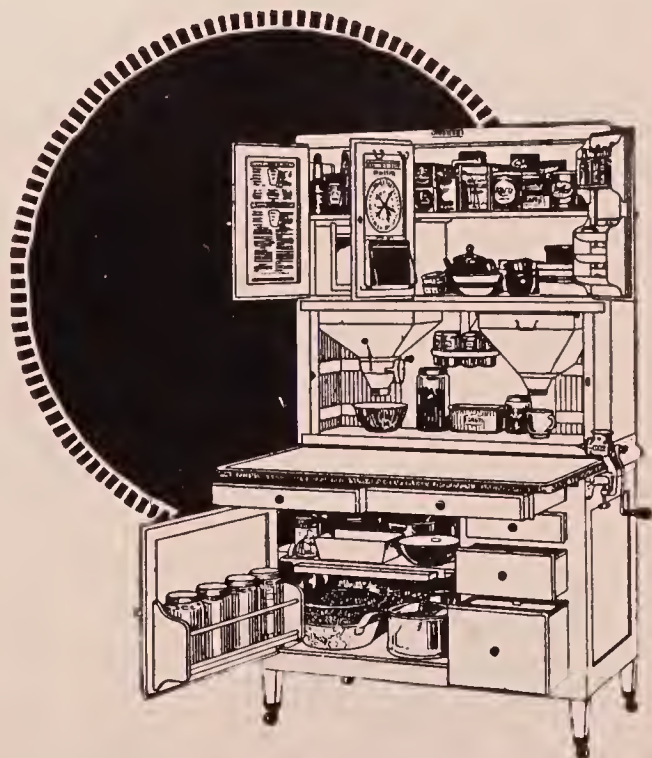
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